

# The Local Cancer Community Update

June 8<sup>th</sup>, 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!



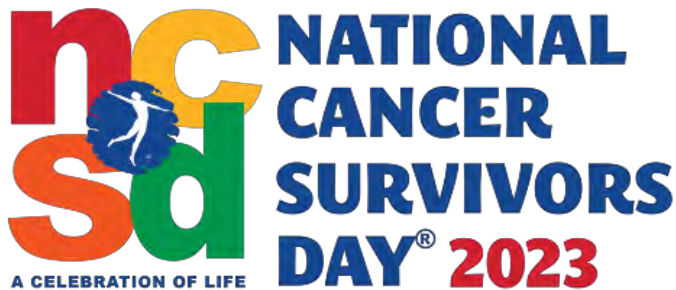
Together we Live with Cancer!

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



## National Cancer Survivors Day 2023 at the Christopher Farm & Gardens – With Lots of Photographs!



Sunday, June 4<sup>th</sup> from Noon to 5P!

It was an absolutely beautiful day: we had beautiful weather, at a beautiful venue, with beautiful people, for a beautiful reason to celebrate – National Cancer Survivors Day 2023!

I'm just going to let these photos (most of them submitted by Mary Schueller) speak for themselves (except for a few captions and comments)!



Mr. Jay Christopher, owner of the Christopher Farm & Gardens and our kind host for the day, began the event by sharing the history, many interesting facts, and his plan and vision for his property. Thank you, Mr. Christopher, for all you do for cancer patients and survivors in our community!

## Christopher Farm & Gardens Guided Tour!



Erika Lusthoff of the CF&G provided a guided tour of some of the property.



There were a variety of carnival treats available and Sue and John Zalewski donated and served ice cream to the crowd!

## THANK YOU TO...

Our host: Mr. Jay Christopher & The Christopher Farm & Gardens.

Financial Support provided by Dr. H. Marshall Matthews (Matthews Oncology Associates) and Dr. S. Mark Bettag (Sheboygan Cancer & Blood Specialists)!

## Carnival Games!

Attending cancer survivor names were put into a drawing to win baskets donated by cancer survivors Cindy Becker and Barb Bogenschutz.

Everyone was invited to play a variety of carnival games to win tickets for additional drawings. Thank you to our carnies and volunteers who made the day what it was!



Cancer survivor Diane Welcher (right) and her husband Frank “Spin to Win” in a game run by carny Mary Schueller (SCCCF Board Member, retired oncology nurse, and local NCSD historian)!



Cancer survivor Bernice Henning takes aim in the “Rubber Band Target Shoot” game while carnies Marybeth Herrmann (MOA/SCBS Reception & Registration) and her husband Steve cheer her on! These rubber band shooting guns were also designed and built by Bob Hartig.



Cancer survivor Jackie Seibel tries her luck with the PLINKO game as carnie and co-survivor Ruth Hartig watches with anticipation. This was one of several games designed and built by Ruth’s husband and cancer survivor “Bob the Builder” Hartig!



Speaking of cancer survivor Bob Hartig (left), Bob designed, built, and introduced a new game exclusively for this event. In the photo above, co-survivor Tom Kloiber (right of Bob) sends the “Beacon Bumper Buggy Bouncer” for a ride!

## Who Is a Cancer Survivor?

The National Cancer Survivors Day Foundation defines a survivor as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life!



Cancer survivor Carolyn Eiden (left) gets to “Pick a Duck” along with her husband Dave (center) in this game provided by cancer survivor and carny Barb Bogenschutz (right).



Cancer survivor Kirstin Opgenorth goes for a hole-in-one in the “Putt-Putt” game run by carny Wayne Zimmermann, Us TOO Prostate Cancer Support Group Facilitator.



Cancer Survivor Lisa Glander at the “Coney Island Bean Bag Toss” game proudly wearing her red nose with carnies Steve & Kathleen Meinschock. Kathleen is an oncology nurse at MOA/SCBS.



Rachel Darling (above right with son Otto and husband Nate) was diagnosed with papillary thyroid cancer in 2018 and got involved in ST&BF in the spring of 2019. She has been a member of the ST&BF Indoor Row Group and, at the start of the 2021/22 season, announced to the rest of the team that her and Nate were expecting their first child. It is not news our group often gets to hear and celebrate! Rachel continued rowing through her pregnancy and gave birth to Otto on June 30<sup>th</sup> of last year! Shortly after the birth, Rachel rejoined the Indoor Row Group and other ST&BF activities! Thanks to Mary Schueller for taking this wonderful photo and capturing this moment (and so many others) for all of us to enjoy!



## Story Time (Survivor Program)



*Erika Lusthoff, Executive Director of the Christopher Farm & Gardens (and conductor of the Dairyland Express Train) shared the mission and purpose of the Christopher Farm & Gardens as a place of healing in our community and the mutually collaborative relationship with SCCCf's Survive, Thrive & Be Fit program!*

*Despite what some might have thought, Mary Beth and I did NOT plan (or even discuss) our attire for the day!*

If you enjoy games and having fun, consider joining us on Tuesday, June 20<sup>th</sup> for our TLC Survivorship Session and TLC Survivorship Can Be Fun Game Gathering! See attached for details!



*SCCCF Board Member and long-time Oncology Nurse (now retired) provided a historical perspective of National Cancer Survivors Day. Mary has been involved locally in this annual celebration since 1992!*



Enjoy Some Fun Carnival Games:

- Beacon Bumper
- Buggy Bouncer
- Coney Island Toss
- Pick A Duck
- PLINKO
- Putt-Putt
- Rubber Band Shoot
- Spin to Win

*Win Raffle Tickets for a Chance to Win a Prize!*

**Top FIVE Carnival Game Participants (based on "Carnival Passport" and tickets earned):**

Jackie Seibel (35 tickets), Nancy Josiah (33 tickets), Rachel Darling (32 tickets), Diane Welcher (32 tickets), Bill Groening (29 tickets)!



Then came the opportunity for me and everyone else to just sit back and listen to some inspirational stories from some amazing cancer survivors!



This was Michelle Fink's first National Cancer Survivors Day "Celebration of life." It was not what she expected when she left her family in Indiana and moved to the area several years ago. Her family wanted her to return

to Indiana but this had become her new home. Michelle is "Cancer-Free in '23" and she credits the quality care she received, a supportive employer and co-workers, fellow cancer survivors and members of the ST&BF Indoor Row Group, good friends, and of course, her family who were never really far away!



Michelle's family (pictured above L-R: Sidia Fink, Michelle, Carol Fink, and Charlie Fink) made the trip from Indiana to celebrate with her and surprised her with these commemorative t-shirts. Michelle's t-shirt reads, "Cancer-Free in '23!" The rest of the family wore shirts that read, "She believed she could, and she did!"



Kirstin Opgenorth, APSW, SAC-IT, was diagnosed with cancer in April of 2018. She described the many positive changes that have occurred in her life over these past five years of survivorship, including continuing her education as a mental health

practitioner. But she recently sensed a change that made her uncomfortable – she felt she was falling back to old habits, losing touch with the lessons she learned throughout her personal cancer experience.

As she explained to me in an e-mail earlier this spring, “Tonight as I read the Local Cancer Community Update I felt a wave of guilt. As I reflected on this emotion, and where it came from, I realized I was slowly allowing life to grey the edges of all the pictures on the pages of the lessons I learned during my cancer journey and I had to write.”

It is a bit of a paradox! The experiences that follow a cancer diagnosis can be difficult. We may want to forget. But these difficult experiences can often be the catalyst for positive life lessons that lead to growth and greater understanding.

Kirstin will be our “Featured Survivor” at our July TLC Survivorship Session to share her story, including this aspect of survivorship and I hope you will join us! Watch for details!

#### Red Nose Photos

Participants were encouraged to take a selfie or group photo while wearing their red noses and uploading their photos to our website. Here are a few examples;



Submitted by Jackie Seibel



Submitted by Mike Ansay



Submitted by Debbie Mirsberger

#### Dairyland Express Train Ride!

Dairyland Express Conductor Erika transported several full trainloads of smiling passengers who all enjoyed this fun opportunity!



Learn more about the Dairyland Express:

<https://www.christopherfarmandgardens.org/visit/points-of-interest/dairyland-express/>

There is so much to see, do, enjoy, and experience at the Christopher Farm & Gardens. On your next visit you may want to peruse the CF&G website and plan your visit accordingly:

<https://www.christopherfarmandgardens.org>

Choo choo!!!



Like all good things in life, the day eventually had to come to an end!



Mark your calendars for National Cancer Survivors Day 2024 on Sunday, June 2, 2024! In the meantime, watch for additional SCCCf Survive, Thrive & Be Fit at the Christopher Farm & Gardens visits, outings, and activities! The best way for cancer patients and survivors to learn about all upcoming opportunities is to sign up for BOTH the Local Cancer Community Update AND the ST&BF POP-UP e-mail list (contact Tim for details). And join us on June 20<sup>th</sup> at 5P for this month's Survivorship Session during which we will view these and more photos taken by Mary Schueller and others along with a discussion on our topic: Survivorship Can (& Should) Be Fun! See the calendar of events or attached flyer for details!

## Bob Rammer Jr. Golf Classic – Thank You for Your On-going Support!!



Thank you to the organizers, volunteers, and participants of the Annual Bob Rammer Jr. Golf Classic who has been raising funds for SCCCf since 2007 and, prior to this year's event, has raised \$41,500!

Our "Survivor Threesome" from last year; Lenny Bogenschutz, Tom Friedrichs, and Tim Renzelmann; was joined by Brett Goebel to form a "Survivor Foursome"! Our goal was to better our 2022 score of 76 and we are happy to report we finished with a two-under 68!

We challenge other cancer patients/survivors to form a team for the 2024 Bob Rammer Jr. Golf Classic scheduled for Saturday, June 1<sup>st</sup>!



*Photo – Survive, Thrive & Be Fit "Survivor Foursome" members Tom Friedrichs (far left), Lenny Bogenschutz (second from left), Tim Renzelmann (2<sup>nd</sup> from right) and Brett Goebel (far right) pose with event organizers Tony Rammer (center left) and Tim Mayer (center right).*

NOTE: We may not have posted the best score... but I think we were one of the best-looking teams, dressed in our "survivor blue" SCCCf caps and ST&BF shirts! 😊

For more details about this event:

<https://www.facebook.com/RammerClassic/>

## ST&BF at CF&G: Project Tweety B.I.R.D. – Our First Bluebird House Build!



On Monday, June 5<sup>th</sup>, Project Tweety B.I.R.D. cancer patients/survivors and co-survivors gathered at the Christopher Farm & Gardens with Robyn Jacobchik, CF&G Director of Education and Visitor Experience, to build more than a dozen bluebird nesting boxes that will soon be installed throughout the CF&G property!

### Project Tweety B.I.R.D.

(Bluebird Investigation, Rejuvenation & Discovery)



Sheboygan County Cancer Care Fund's Survive Thrive & Be Fit Program launched this project in May 2023. The goal is to help rejuvenate the Bluebird population for the betterment of the environment.

There has been a substantial decline across the United States in the Bluebird population. Bluebirds are considered to be a rather delicate breed, and are known to be picky about their nesting habits. The nesting boxes were built and placed in appropriate habitats around the Christopher Farm & Gardens property using the guidelines recommended by the Bluebird Restoration Association of Wisconsin (BRAW) and the North American Bluebird Society (NABS).



Above: Five legendary members of the Sheboygan County Cancer Care Fund's Survive Thrive & Be Fit Program install the first birdhouse in the grassland prairie on 5/17/23.  
L - R : Bruce Becker, Cindy Becker, Tom Friedrichs, Tim Renzelmann & Mary Schueller.



Weekly monitoring on the newly installed birdhouses is completed throughout the nesting season. The information recorded includes checking for nest types, egg counts, predation, ect. This info is submitted to an online database at the end of the year.

The above sign (also attached) is located in the kiosk at the entry of CF&G for visitors to read.

Special thanks to Tom Friedrichs for his research and leadership on this project and to Cletus Leonhard for providing his woodworking expertise!

If you are interested in future Project Tweety B.I.R.D. activities (installing nesting boxes, building additional nesting boxes as needed, weekly nesting box monitoring activities, etc.) please contact Tim or watch this Local Cancer Community Update and/or the ST&BF POP-UP e-mails for details!

## TLC Survivorship Session & TLC Survivorship Can Be Fun Game Gathering – Tuesday, June 20<sup>th</sup>!



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, June 20<sup>th</sup>!**

**4:30P to 5:00P – Casual Meet & Greet**

### Survivorship Session

**5:00P to 6:00P**

Topic: Survivorship Can (And SHOULD) Be Fun!

Cancer is serious stuff! But fun is too!

Fun is essential to your health and happiness, and we'll share and look at ways to incorporate more fun into our everyday lives!

### Survivorship Can Be

**Fun Game**

**Gathering: ColorKu (Playing Together as a Team)!**

**6:00P to ???**

ColorKu is a fun, easy-to-learn puzzle/game! We will break into teams to play! Other games will be available (or bring a favorite game of your own)!

*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=TjF1d1BwNVpkKXVhNWZlZlNlcQZmUT09>

LOCATION: Matthews Oncology Associates • Sheboygan Cancer & Blood Specialists  
1821 N. Taylor Drive, Sheboygan • Second Floor Conference Room

• For More Info and to RSVP: [trenzelmann@physhealtnet.com](mailto:trenzelmann@physhealtnet.com) or call 920-457-2223 •

Join us on Tuesday, June 20<sup>th</sup> for a TLC Survivorship Session during which we will continue with the carnival theme of this year's NCS D event with the topic "Survivorship Can (& Should) Be Fun"!

We will kick things off with by viewing photos from the NCS D event taken by Mary Schueller and others. Then we will view a twelve-minute video explaining why having fun is the secret to a healthier life and discuss the elements of true fun and how to have more of it!

Following this Survivorship Session will be our monthly TLC Survivorship Can Be Fun Game Gathering featuring ColorKu, a sudoku-type puzzle, which we will play in teams. Other games will be available and you are welcome to bring a favorite game of your own!

TLC is open to all area cancer patients/survivors from newly diagnosed to long-time survivors and their co-survivor families and friends!



## THANK YOU to Merge Salon & Spa for Bringing Smiles to Area Cancer Patients & Survivors!



426 Factory Street Plymouth WI 53073  
920.893.1000

Many years ago, after Merge Salon and Spa had already done several fundraisers for the Sheboygan County Cancer Care Fund, spa owner Kim Hau contacted me and explained that one of their customers had gone through her own personal cancer experience and reflected on how she was deeply touched when someone offered her a gift card in the midst of it all so she could do something for herself. Since then, Merge Salon and Spa and their customers have been raising funds and honoring those experiencing cancer by providing gift cards to cancer patients and survivors through SCCCf.

I recently received another bundle of gift cards for distribution along with this note:

*Enclosed are 88 \$25 gift cards to various stores in our county to hand out to cancer patients. As usual we just want to try to bring a smile to anyone going through a rough patch. We are so thankful for all that SCCCf does for our county and we are happy to be a tiny piece of it. Merge Salon and Spa has been holding our fundraiser for 11 years and are thankful to our clients for helping our event be so successful. I believe we are at the \$25,000 mark for gift cards to SCCCf and are so proud and humbled to support people at a local level! 😊*

*Thanks again for all you do!*

*Merge Salon & Spa*

## FUNDRAISER: Wisconsin Camaro Club – “Cars & Coffee” at Vogel Chevrolet in Kiel on June 17<sup>th</sup>!

This **Cars & Coffee** fundraising event is being organized by the Wisconsin Camaro Club. Join us at Vogel Chevrolet in Kiel between 8A and 11A and view the cars on display (open to all vehicles)! At 11A drivers are

invited to join the cruise from Vogel Chevrolet to Road America heading east and then north on LS before heading west to Meats in St. Nazianz for lunch, raffles and more! For details contact the Wisconsin Camaro Club: <https://www.facebook.com/WisconsinCamaro/>

Chill HARDER

Coors LIGHT

WISCONSIN CAMARO

# CARS & COFFEE CRUISIN' FOR CANCER

OPEN TO ALL VEHICLES

SATURDAY, JUNE 17TH

CARS AND COFFEE 8AM - 11AM AT VOGEL CHEVROLET - KIEL

CRUISE LEAVES AT 11AM AND ENDS AT MEAT'S - ST. NAZIANZ

LUNCH AVAILABLE

RAFFLES

PROCEEDS TO BENEFIT SHEBOYGAN COUNTY CANCER CARE FUND

Mark your calendar for the 2023 Wisconsin Camaro Club Rally on August 24-27 at Road America!  
<https://wisconsincamaro.com/rally2023/>

## Quick Look Calendar: Upcoming Events & Activities in the Local Cancer Community!

See attached calendar and flyers for details, visit [www.sccc.org](http://www.sccc.org) or call 920.457.2223.

**Saturday, June 10<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Tuesday, June 13<sup>th</sup> – 445P**

**ST&BF Qigong Practice**

*Follow Along Video, 30-minute practice.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

**Tuesday, June 13<sup>th</sup> – 530P**

**ST&BF Gentle Yoga IN-PERSON & Virtual**

*Facilitated by Stacy Harriott, CYT.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

**Wednesday, June 14<sup>th</sup> – 3P**

**Great Heights with Delightful Kites!**

*Contingent on weather/wind condition.*

Deland Park, Broughton Drive, Sheboygan

**Wednesday, June 14<sup>th</sup> – 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!*

Deland Park, Broughton Drive, Sheboygan

**Thursday, June 15<sup>th</sup> – TBD**

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

*Tentative: Tweety B.I.R.D./Daisy Days?*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Saturday, June 17<sup>th</sup> – See attached Flyer!**

**FUNDRAISER: Cars for Cancer!**

*Organized by the Wisconsin Camaro Club!*

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

Vogel Chevrolet, 710 Park Ave., Kiel

**Saturday, June 17<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Monday, June 19<sup>th</sup> – TBD**

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

*Tentative: Tweety B.I.R.D./Daisy Days?*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Tuesday, June 20<sup>th</sup> – 5P**

**TLC Survivorship Session IN-PERSON & Virtual**

**TOPIC: “Survivorship Can (& SHOULD) Be Fun!”**

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

*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, June 20<sup>th</sup> – 6P**

**TLC Survivorship Can Be Fun Game Gathering: ColorKu (Team Play) and Other Games!**

*See attached for details!*

*RSVP APPRECIATED for In-Person Participation!*

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**Tuesday, June 20<sup>th</sup>**

**ST&BF Spring “Cumulative” Events END!**

*Log Sheets Due by July 15<sup>th</sup>!*

See attached for details!

**Wednesday, June 21<sup>st</sup>**

**ST&BF Summer “Cumulative” Events START!**

*Good Luck!*

See attached for details!

**Wednesday, June 21<sup>st</sup> – Start Times: 4P, 530P**

**ST&BF Steps to Survivorship w/Urban Poling Option!**

*Walk, jog, or run with other cancer survivors and co-survivors. Contact Tim to reserve a set of urban poles (trekking poles). Qigong 15 minutes before start times.*

*RSVP RECOMMENDED in case of severe weather!*

Lakefront North – Starts across from YMCA (near the Lottie Cooper).

**Thursday, June 22<sup>nd</sup> – TBD**

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

*Tentative: Daisy Days.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Saturday, June 24<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Wednesday, June 28<sup>th</sup> – TBD**

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

*Tentative: Daisy Days.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Thursday, June 29<sup>th</sup> – 4P (Driving Range), 5P (Mini Golf)**

**ST&BF Swinging Survivors (Driving Range) & Putt Putt (Mini Golf)!**

*Cost covered for cancer survivors with advance RSVP.*

Sunset Hills Golf Course & Driving Range, W3634 Sunset Hills, Sheboygan Falls

Tim E. Renzelmann – 920.458.7433, 920.457.2223

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

MOA/SCBS Cancer Coach

SCCCF Vice President

[www.sheboygancancer.com](http://www.sheboygancancer.com) ● [www.scccf.org](http://www.scccf.org)

# June, 2023

## Events and Activities of the Local Cancer Community



Together we Live with Cancer!

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County  
The Healthiest Place  
To Survive Cancer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 FR: Rammer Golf Classic 9A-LSBC
4 NCS D at CF&G	5 ?-CF&G(PU)	6 4/530P-SUP(PU)	7 915A-Qi(PU) 10A-Yoga(PU)	8	9	10 9A-LSBC
11	12 ?-CF&G(PU)	13 445-Qi(PU) 530P-Yoga(PU)	14 3P-GHwDK(PU) 3P-PBP(PU)	15 ?-CF&G(PU)	16	17 FR: Cars for Cancer 9A-LSBC
18	19 ?-CF&G(PU)	20 TLCSSIP/V-5P TLCSCBF-6P CUMFSpringEnd	21 4/530P-SUP(PU) CUMSumStart	22 ?-CF&G(PU)	23	24 9A-LSBC
25	26	27	28 ?-CF&G(PU)	29 4P-DtS/PP(PU)	30	

**KEY:** **CF&G(PPU)** = ST&BF at the Christopher Farm & Gardens (**POP UP-portunities:** Project B.I.R.D. & Daisy Days)  
**CUMSpringEnd** = Cumulative Spring Walk/Run, Row, Ride **END!** See attached for details!  
**CUMSumEnd** = Cumulative Summer Walk/Run, Row, Ride **START!** See attached for details!  
**DtS/PP(PU)** = Drive to Survive (Driving Range) & Putt-Putt (mini golf) at Sunset Hills  
**GHwDK(PU)** = ST&BF Great Heights with Delightful Kites (Deland Park)  
**LSBC** = LIVESTRONG Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)  
**NCS D at CF&G** National Cancer Survivors Day at Christopher Farm & Gardens (**Advance RSVP Required**)  
**PBP(PU)** = Pickleball Play (Deland Park, Broughton Dr., Sheboygan)  
**Qi(PU)** = ST&BF Qigong Practice for Cancer Survivors (6/7-Taylor Park)  
**SUP(PU)** = ST&BF Steps to Survivorship w/Urban Poling Option (6/6-Shoreline 400, 6/21-Deland Park)  
**TLCSCBF** = TLC Survivorship Can Be Fun Game Gathering (TBD)  
**TLCSSIP/V** = TLC Survivorship Session (Peer-to-peer supportive opportunity)  
**Yoga** = ST&BF Gentle Yoga for Cancer Survivors (**CORRECTION: SESSIONS AT TAYLOR PARK**)  
**FR-Cars for Cancer** = **FUNDRAISER** Cars for Cancer with the Wisconsin Camaro Club  
**FR-Rammer Golf Classic** = **FUNDRAISER** Scamble Outing at Riverdale CC benefitting SCCC

**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 STRONGLY RECOMMENDED for ALL ACTIVITIES as last-minute changes may occur!**

**POP UP!** 

**PU (POP UP-portunities):** RSVP is STRONGLY RECOMMENDED!  
Changes (due to weather or other factors) and additional activities will be communicated via e-mail to registered participants and the "POP UP-portunities" e-mail list!

To RSVP or more info: Tim – 920.457.2223 or [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

*Chill*  
HARDER

Coors  
LIGHT

WISCONSIN CAMARO

# CARS & COFFEE CRUISIN' FOR CANCER

OPEN TO ALL VEHICLES

SATURDAY,

**JUNE 17TH**



CARS AND COFFEE 8AM - 11AM  
AT VOGEL CHEVROLET - KIEL



**CRUISE LEAVES AT 11AM AND  
ENDS AT MEAT'S - ST. NAZIANZ**  
LUNCH AVAILABLE  
RAFFLES



PROCEEDS TO BENEFIT  
SHEBOYGAN COUNTY CANCER CARE FUND



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

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Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

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Sheboygan Physicians Group

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

Tuesday, June 20<sup>th</sup>!

4:30P to 5:00P – Casual Meet & Greet

### Survivorship Session

5:00P to 6:00P

#### **Topic: Survivorship Can (And SHOULD) Be Fun!**

Cancer is serious stuff! But fun  
is too!

Fun is essential to your health  
and happiness, and we'll share  
and look at ways to incorporate  
more fun into our everyday  
lives!

### Survivorship Can Be Fun Game

Gathering: ColorKu  
(Playing Together as  
a Team)!

6:00P to ???

ColorKu is a fun, easy-to-learn  
puzzle/game! We will break into  
teams to play! Other games will be  
available (or bring a favorite game of  
your own)!

***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](mailto:trenzelmann@physhealthnet.com) or call 920-457-2223 ●**

# “Survive, Thrive & Be Fit!”



Introductory  
**Qigong**

Gentle  
**Yoga**



for Cancer Survivors!

## JUNE Sessions!

*Yoga and Qigong are similar in many ways. In Yoga, postures are held for a period of time. Qigong consists of continuous, slow, relaxed movement. Both are calming and relaxing practices that focus on breathwork and mindfulness to find inner stillness. Both promote aerobic capacity, balance, flexibility, and increased energy and stamina. Join us for one or both!*

	<b>Qigong</b>	<b>Gentle Yoga</b>
<b>Day/Date</b>	<b>Two Different Times</b>	<b>Two Different Times</b>
<b>Wednesday, June 7<sup>th</sup></b> Taylor Park (Erie Ave & N. Taylor Drive, Sheboygan)	9:15AM 40-minute Practice	10:00AM Stacy Harriott, CYT
<b>Wednesday, June 7<sup>th</sup></b> Taylor Park (Erie Ave & N. Taylor Drive, Sheboygan)	4:45PM 40-minute Practice	5:30PM Stacy Harriott, CYT

**SUMMER SESSIONS** are “**POP UP-portunities!**” Summer sessions will be scheduled at an outdoor location and will be moved indoors (MOA/SCBS 2<sup>nd</sup> Floor Conference Room) in the event of inclement weather. Changes will be communicated to registered participants via e-mail. **RSVP REQUIRED!**

For More Info/To Register: 920.457.2223 or [trenzelmann@physhealthnet.com](mailto: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](http://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 Tweety Bird: Bluebird Trail Project (NEW)

*This 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.*

### "Daisy Days" Summer Restoration Project (2022 to Present)

*Oxeye daisy may look pretty but they are highly invasive. The best, non-toxic, way to control the daisy spread is to hand pull. The more hands pulling the better... as the saying goes, "Many hands make light work!" Come help us give Mother Nature a hand to create space for diverse native species to thrive!*

### ST&BF at CF&G: Casual Visits for Cancer Patients/Survivors & Co-Survivors (2017 to Present)!

*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!*



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](http://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](mailto:trenzelmann@physhealthnet.com) for more information.

# Project Tweety B.I.R.D.

**(Bluebird Investigation, Rejuvenation & Discovery)**



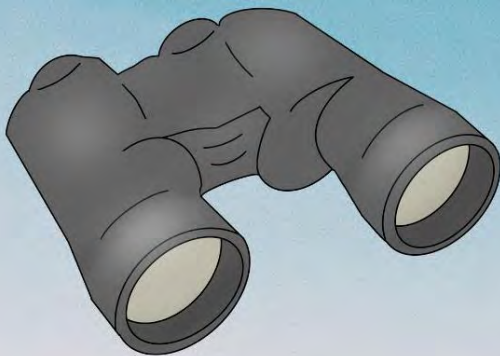
Sheboygan County Cancer Care Fund's Survive Thrive & Be Fit Program launched this project in May 2023. The goal is to help rejuvenate the Bluebird population for the betterment of the environment.

There has been a substantial decline across the United States in the Bluebird population. Bluebirds are considered to be a rather delicate breed, and are known to be picky about their nesting habits. The nesting boxes were built and placed in appropriate habitats around the Christopher Farm & Gardens property using the guidelines recommended by the Bluebird Restoration Association of Wisconsin (BRAW) and the North American Bluebird Society (NABS).



Above : Five legendary members of the Sheboygan County Cancer Care Fund's Survive Thrive & Be Fit Program install the first birdhouse in the grassland prairie on 5/17/23.

L - R : Bruce Becker, Cindy Becker, Tom Frederichs, Tim Renzelmann & Mary Schueller.



Weekly monitoring on the newly installed birdhouses is completed throughout the nesting season. The information recorded includes checking for nest types, egg counts, predation, ect. This info is submitted to an online database at the end of the year.





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](mailto:trenzelmann@physhealthnet.com)

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

<b>Name:</b>			<b>Phone:</b>		<h1>JUNE, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
<b>Active Survivors of Sheboygan</b>				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	<b>Cumulative Run/Walk, Row, Bike:</b>					
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						
<b>Spring Cumulative END / Summer Cumulative START!</b>											
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						
<b>TOTAL</b>											

**Active Survivors of Sheboygan:** 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"! Blue column = daily distance, gray 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](mailto:trenzelmann@physhealthnet.com) or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081.

Details at [www.scccf.org](http://www.scccf.org) or call Tim at 920.457.2223.