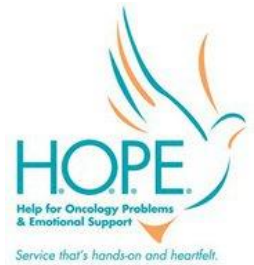




H.O.P.E. LIFELINE



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H.O.P.E. (Help for Oncology Problems & Emotional Support) is an all volunteer cancer support network that provides free assistance to cancer patients and their families facing the challenges of cancer. H.O.P.E. is a 501 (C)(3) non-profit funded through donations. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. The official registration and financial information of Help for Oncology Problems and Emotional Support may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community. Phone: 717-244-2174 or 717-244-2161.
(E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org)

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**15th Annual
Voices for Hope
Benefit Banquet**
New Tentative Date:
Wednesday, July 15, 2020
5:30—9:30 p.m.
Out Door Country Club
Tickets \$75.00 per person
**Features a Reception, Silent
Auction, Dinner, and
Presentation**
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"Vacation from Cancer Retreat"

For more information:
Call the office 717-227-2824 or
assistant@hopeforcancerfamilies.org

**Help
H.O.P.E.
Support
H.O.P.E. Haven**

H.O.P.E.'s Office Hours are Monday through Friday, 9:30—3. **Please call in advance** to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry

Please direct all calls to the H.O.P.E. office at 717-244-2174.

*Congratulations to our 2019—2020
Scholarship Winners:*
Georgia Cowie,
Hereford High School
and
and Annabella Jury,
West York Area High School

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FROM THE EDITOR'S DESK

I took a peek back at last year's message from the Editor's Desk and smiled sadly at its normalcy. Comments about the beautiful weather, congratulations to the scholarship winners, and excitement about the coming Voices for Hope banquet celebrating H.O.P.E.'s 25 anniversary. Will we ever see those times again? When will we even achieve a new normal?

Barb and Carol are doing their darndest to keep H.O.P.E. afloat. Cancellation of the spring events and uncertainty about summer events are having a devastating effect on the cash flow. At the moment the Voices banquet is rescheduled for Wednesday, July 15; spring bingo obviously will not happen. We are hoping to hold the Take a Swing at Cancer golf tournament as scheduled in August, but two earlier events are in question. Barb and Carol are coming in to the office every day to take care of business, most of it conducted over the phone. The food pantry is still available to patients and families who make an appointment and we 'shop' for them and load the groceries into their cars. Thanks to the generosity of donations our pantry can still supply almost everything our customers need. (See page 5 for a couple requests.)

When they aren't helping with the pantry or answering phones, Barb and Carol are filling out paperwork. So that we could keep our food pantry open, Barb had to write a request to the state for permission to be considered an essential business. Two of our Board members are also helping write requests for grants to help defray operating expenses. After 25 years Barb finally achieved the dream of her co-founder, a retreat from cancer like the mountain cabin Jeanette and Barb had escaped to all those years ago, but now she's worried about when her patients and their families can actually enjoy it and how to keep it going in the meantime. But hey, a global pandemic is just another small hurdle for H.O.P.E.

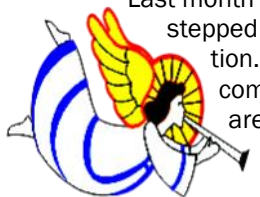
FYI: COPING TIPS

By now we all know what to do to protect ourselves: practice safe social distancing, wash hands with soap for 20 seconds (two choruses of Happy Birthday), and wear a mask when leaving the house to go shopping. But equally important is our mental health. Therapist Lori Gottleib, author of "Maybe You Should Talk to Someone," says many, if not most of us, are now experiencing grief over a loss, be it loss of life, loss of loved ones, loss of health, loss of job and income, or loss of normal rituals. She tells us three ways we can help ourselves cope with these feelings:

- Acknowledge the grief. An inability to sit still, being short-tempered, poor concentration, erratic eating habits, all these can be legitimate results of anxiety and grief over the loss of our routines and security.
- Stay in the present. Acknowledge the loss of 'normalcy' and fears for the future, but focus as well on all the things that are going well now.
- Let people experience loss in their own way. Kids process events differently from adolescents, older adults have a different world view than those who are generations younger. Everyone moves through loss in a unique way.

H.O.P.E.'S ANGEL CORNER

BY BARB TITANISH, PRESIDENT & CO-FOUNDER H.O.P.E.



Last month we sent out the call for help with our food pantry and so many have stepped up either by purchasing and donating food or making a monetary donation. This has helped tremendously. It is safer for our cancer patients to come to our food pantry than go into a store. The number of families who are using our pantry have doubled since this began. Thank you to one and all who heard our cry and came forward. Please remember we will continue to need your support as we move forward in this time of crisis.

Thank you also to our wonderful volunteers who are making face masks and dropping them off at the pantry so that we can provide them to anyone who needs one. Even during lockdown, our angels find a way to give.

“Pain moves us forward, changing us to something else, something we need to be.”

- Michelle Moran

If you would prefer to receive our newsletter by email (and help us save postage), please send a note to our Assistant Director Carol Nelson, at assistant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!) Thanks!

America Rises to the Occasion Once More

If there is a silver lining to every cloud, it is the generosity and ingenuity and compassion of people who are taking action in any way they can to help during this coronavirus pandemic. From individuals making masks in their homes to huge corporations giving millions of dollars to manufacturers repurposing their plants to produce hospital machinery, Americans and others around the world are coming forward in droves. As Fred Rogers famously said, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

Here are just some of those helpers.

- The One World: Together At Home concert broadcast on multiple networks and featuring some of the world's top musical performers singing from their homes brought in \$127 million from philanthropists and corporate sponsors. Organized by Lady Gaga, it starred Elton John, Paul McCartney, Steve Wonder, and dozens more big-name singers. The money was split among the World Health Organization and other charities.
- The NFL raised over \$1 million in donations from the recent televised draft. Money will be divided among the Salvation Army, the American Red Cross, Meals on Wheels, the United Way, Feeding America, and the CDC Foundation.
- Microsoft CEO Jeff Bezos donated \$100 million to food banks across America.
- Sara Blakely, founder and CEO of Spanx, Inc., is donating \$5 million to female entrepreneurs who need assistance amid the crisis.
- The Bill & Melinda Gates Foundation has contributed \$250 million to aid global detection, isolation, and treatment of the virus.
- Oprah Winfrey has pledged \$10 million to help Americans affected by Covid-19 across the country and in places she grew up.
- Ford is working with 3M to put together hundreds of thousands of face shields, as well as respirators, and with GE to help assemble ventilators.
- Fashion and apparel company Ralph Lauren has pledged \$10 million to coronavirus relief and is producing at least a quarter million face masks, as well as 25,000 isolation gowns for health care workers.
- Bacardi is turning to the hand sanitizer business, committing to supply enough alcohol to produce over a quarter million gallons.
- Starbucks has donated over a million cups of coffee so far to front-line workers and is donating \$3 million to several international organizations fighting Covid-19.
- Fanatics athletic apparel is using its materials and manufacturing facility to create a million single-use masks and gowns for health care professionals which will be distributed for free to hospitals in Pennsylvania, New York, and New Jersey.
- Johnson and Johnson will donate 10,000 sets of goggles to health care workers in its home state of New Jersey. It has also pledged \$50 million to various organizations aiding frontline health care workers who are researching the virus and treating patients. Its biomedical research arm has committed to spend over \$1 billion to try to develop a Covid-19 vaccine.

Closer to home:

- PA Health & Wellness donated 3,000 facemasks to home health care providers.
- Ollie's Bargain Outlet donated \$20,000 to the Central PA Food bank.
- Talk about repurposing: the Baltimore Ravens donated 3,000 ponchos to Lorian Health Services in Maryland to be modified and used at PPEs for staff treating patients with Covid-19.

Covid-19 “Angels” Are Everywhere

And then there are the ‘little guys’:

- UPS workers have increased volume of deliveries, are working longer hours, and are trying to take extra precautions to protect themselves (and us) from infection. Here’s what a Seattle delivery driver said: “I’m working 60 hours a week. The kids are in bed when I leave for work and most nights they’re in bed when I get home from work. My wife definitely pays a price. She’s tasked with trying to keep our kids going with online schooling. She doesn’t get a break. But I’ve probably received more “oh thank you so much for all you’re doing” in the last two weeks than I have in the last 10 Christmases combined.”
- A Massachusetts nurse purchased a printer and made copies of pictures for her patients that their loved ones gave her. An 88-year-old patient who was given photos of her grandchildren died the next day, holding the pictures in her hands. Hospitals in three other states have begun the practice.
- More than 40 workers in a PA factory volunteered to live at their facility for 28 days in order to make a component of PPE supplies for hospitals. Working in 12-hour shifts, they cranked out polypropylene, a non-woven fiber used to make n95 masks, hospital gowns, and sanitary wipes.
- A Nashville-area 13-year-old Boy Scout is making ear-savers with a 3D printer, plastic bands that are attached to the elastics on masks and take the pressure off the ears. It takes almost three and a half hours to print eight, and the boy has been working over 17 hours a day to produce them.
- Check out these two website: millionmaskchallenge.com, created in March in response to a text message from a doctor in a Bronx hospital who said they had run out of masks, and getppe.org, begun by Harvard grad and California resident Jessica Choi, and which has to date received over 200,000 donated items to help front-line workers. Both sites give detailed information as to how people can help.
- Well, maybe he’s not really a little guy, but Heisman Trophy winner Joe Burrow’s acceptance speech in December, in which he spoke of the hunger in his town of Athens, Ohio, raised over \$500,000 for the Athens Food Pantry, and money is still coming in.

And then there is our own H.O.P.E. volunteer extraordinaire:

Nancy Ransom has made over 600 facemasks which she is giving away by means of facebook. Nancy worked 16 straight days to keep up with requests.

Here’s a final quote from a nurse on the frontlines in Philadelphia:

“At work there’s a greater sense of camaraderie that wasn’t there before. We’re all working together towards a common purpose. I think that I’m also personally reaching out to people in ways that I didn’t before just to say ‘Hey, I’m thinking about you.’ And I’m spending more time with my kids. I’m having conversations with my 14 year old who normally hides in his room and doesn’t want to talk. I think that there are a lot of silver linings. You just really have to look for them.”



*“I’ve learned
that you
shouldn’t go
through life with
a catcher’s mitt
on both hands.
You need to be
able to throw
something back.”*

- Maya Angelou



Important Announcement

Due to insurance regulations, we can no longer keep walkers, wheelchairs, canes, potty chairs, or shower chairs on the premises.

York County Food Assistance Resources

As we've said, our food pantry is still up and running and available to all our patients by appointment. However, York County has some wonderful resources available to its residents who qualify. The following tells you who is eligible:

"If you are out of work without pay, you are eligible to receive food sourced from the state and federal government from a food bank or food pantry in PA. This includes service workers who are unable to get shifts or hourly wage employees of non-essential businesses that have voluntarily closed due to COVID-19 mitigation."

To find a food pantry, search by zip code on the Central Pennsylvania Food Bank's website: www.Centralpafoodbank.org or call their helpline: 1-877-999-5964. (M–F, 8am-4pm) Or call 211 24/7.

For a list of emergency food pantries, soup kitchens, and free community meals, visit <https://yorkfoodbank.org/>.

York County Food Bank Programs

Patrons may come to a food distribution site one time a week for a prepacked box of food (shelf stable, fresh, and frozen). Please bring your ID.

Days/hours to get a box of food:

- **Drive-thru Emergency Food Distribution**
 East York Emergency Food Hub
 1094 Haines Road, York 17402
 Tuesdays, 3–6 pm

- **Walk-thru Emergency Food Distribution**
 York County Food Bank
 24 W. Princess St., York
 717-846-6435
 Tuesdays, 3-4 pm

For updates on **Unemployment or Workers' Compensation benefits** and other COVID-19 resources, visit <https://www.uc.pa.gov/Pages/covid19.aspx> or <https://www.yorkcpc.org/covid-19-resources/>.

H.O.P.E.'s Food Pantry

Thanks to generous donors our food pantry is only short a few types of items. We are in need of laundry detergent, paper towels, and any kind of cleaning products.

FYI

As things continue to unfold, we will bring you more information about events and office hours. The best way to keep up with developments is by checking our Facebook page, H.O.P.E., which is updated regularly. In the meantime, here are the latest changes:

- *Bingo. To be rescheduled.*
- *The Prom is rescheduled for September 5.*
- *Tentative new date for Voices for Hope is Wednesday, July 15.*
- *As of now, the golf tournament is still scheduled for Saturday, August 22, at Hickory Heights Golf Club.*
- *Volunteers are no longer coming in and Carol and Barb will be working from home as much as possible. All services are suspended; we will continue to offer the food pantry until conditions prevent even that. Please call the office to set up an appointment for the Food Pantry.*



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Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm

The Hope Haven Office

13275 Blymire Hollow Road, Stewartstown, PA

Everyone is Welcome!

(Cancer patients, care givers, families and friends)

For more information

Call 717-244-2174

Temporarily cancelled
will announce when we can start them again.



"Of all the forces that make for a better world, none is so powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything."

Visit Us on the Web
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