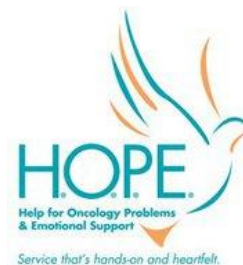


H.O.P.E. LIFELINE



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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)

**H.O.P.E. Lifeline
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Take a Swing at Cancer!
**12th Annual Golf Classic
 Tournament**

Saturday, August 22



**Continental Breakfast,
 Lunch, Lots of Prizes**

**Hole-In-One on #17 Wins
 \$5,000 for you/\$5,000 for
 H.O.P.E.**

Call 717-244-2174 for information.

**FUNDRAISER
 RAFFLE**

**January 2021 Calendar Raffle
 Donation \$20 per ticket**

**Prizes from \$50 up to \$500
 Gift cards ~ gift baskets ~
 Coach bags ~ two nights
 at Ocean City**

**See page 5 for full list of
 prizes and details.**

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.

Support Group Meeting

Date: Wednesday, August 12
 Time: 7:00 p.m.
 Location: H.O.P.E. Haven—Poolside
 Speaker: All of Us!
 Topic: A little of this, a little of that

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FROM THE EDITOR'S DESK

Here we are in month 7 of the 'lost year' ... with hope and prayer that it will be only a year.

First, some good news. July saw the return of our **Support Group**, its first time back together since February. Originally intended to be held poolside, the weather proved a bit too hot so participants met in the air conditioned office, where there was still plenty of room for safe physical distancing. The eight patients and Barb were thrilled to be back together and catch up on their lives for the past nearly six months. It was mighty hard not to hug, but everybody refrained. August's group has the same 'agenda,' and hopefully this heat wave will abate so that everyone can enjoy the patio and the lovely, panoramic view beyond.



“In the midst of chaos, there is also opportunity.”

- Sun Tsu

Remember those leisurely Sunday drives through the country with the family? We're resurrecting that tradition with our **Road Rally**, tentatively scheduled for late September or early October. (Maybe by then we can drive with our windows down.) The five stops scattered throughout scenic York County include parks, an alpaca farm, and a couple refreshment places (ice cream, anyone?!). The rally will wrap up at a location with several food trucks, so participants should be able to get something to eat from almost every food group that day. Watch our facebook page or website for details as plans firm up.

Although it seems as if everything is on hold, including the new school year, H.O.P.E. is still supplying its students with **back-to-school supplies**. Even virtual learning requires pens, pencils, paper and other materials. What most of you probably don't realize is that in that backpack we also provide each child gift cards for new shoes and a new outfit, as well as supplies for breakfasts and lunches. (It's amazing how much can be squeezed into one backpack.) Kids will be returning to school eventually, but now, more than ever, parents are grateful for any assistance that can be provided in this time of great uncertainty.

And now for the not-so-good news. As you probably expected, we've had to cancel our Fall **Bull Roast**. And there will be no fall **Bingo**. As of now we're still planning to hold the **Craft and Vendor Show** in October, which we will update in the next newsletter. As ever, you can find the latest information on our facebook and website pages.

Let's end on a good note. **Father Cap** blessed our retreat in July. You may remember him as one of three amazing men (Tom Note and our own Ed Titanish being the other two) who were honored at last year's Voices for Hope banquet. Father Cap has been part of H.O.P.E. from the beginning, so Barb saw his blessing as a guarantee that all will work out in the long run.

P.S. it may not seem like it now, but cold weather will be here before we realize. Now is the time to take advantage of a great deal on **firewood** and help H.O.P.E. at the same time. A cord of good hardwood cut from the woods surrounding the retreat is only \$175, and we will deliver it within a 25-mile radius. See page 5 for more details.

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

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



Because of this crazy coronavirus all of our fundraisers had to be canceled. That loss has been huge, to say the least. Thanks to the **Three Amigos Greg Alban, Mike Long, and Craig Snook** (and their plus one, Ed Titanish) H.O.P.E. has been kept afloat due to their work with wood.

Since winter these guys have been cutting, splitting, stacking, and delivering wood from our property as well as that of friends of H.O.P.E.

Even in these 90+ degree days they have loaded and delivered 15 cords of wood. They were scheduled to be honored at this year's Voices for Hope banquet, the first fundraiser we had to cancel, but instead the guys will be recognized in 2021 with even more accolades. They have earned Angel Wings and gratitude beyond words for all they have done for us.

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!

In Their Own Words—Our Kids on Cancer

Last month we featured writings from a nine-year-old girl who has been battling cancer over half her life and a 23-year-old young man who has been cancer-free for seven years. This month we'd like you to meet Stella and Georgia, two exceptional young women.

A Poem by Stella

When Stella was four years old she was diagnosed with a very rare form of cancer called acute megakaryoblastic leukemia, or AMKL. Her family took her to St. Jude's where doctors and researchers have been improving survival rates for children with leukemia since 1962. Last year Stella had a bone marrow transplant and it has been so successful that she was able to attend school this past year (well, most of it). This nearly eight-year-old little girl loves to read, play outside, and eat Cracker Barrel chicken pot pie. Here's her poem with a surprise punchline.

It was painful.
I got a lot of shots.
I could not get out of bed.
My hair fell out.
I played a lot.
I was happy!

An Unexpected Gift

By Georgia Cowie

Georgia Cowie was one of our two scholarship winners this year. We introduced this amazing young woman to you on page three of our June issue. We reached out to Georgia to write something for us, and she penned this beautiful and timely tribute to medical personnel.

I didn't know it at the time, but surviving cancer was the best thing to ever happen to me. Without cancer, I would have never discovered my passion for nursing. Having spent three weeks in the Johns Hopkins pediatric intensive care unit for a heart transplant in 2016, and 10 weeks inpatient on the oncology unit the following year, I saw first-hand nursing at its best. The care, compassion, and empathy shown to me helped me survive. Sharing every pivotal and painful moment with my nurses made me want to be what they were for me.

Aside from discovering my calling, I made lifelong friends. My favorite oncology nurse became my neighbor and we see each other often. The attending physician of the PICU when my heart transplant was performed is like family. She and my heart surgeon moved to Chicago to work at Advocate Children's Hospital in Chicago and they invited me out to work with them last October. It was surreal to see my surgeon perform an open-heart surgery on another kid while he had a normal conversation with me. I also got to shadow nurses and even talk to the kids that I just watched have surgery. The relationship you share with the doctors and nurses during a hospital stay is so powerful. They see you at your very worst but continue to encourage and care for you.

I remember seeing a little girl walk the halls of the oncology unit with her shaved head and bright smile. I asked my nurse after I was discharged how she was doing, and she told me she didn't make it. It wasn't until that moment that I realized how close to death I really was. Something about being stripped of your comfort, energy, and spirit brings you so much clarity. The gratitude you feel for everyone and everything after nearing death is unexplainable. Without cancer and without my heart transplant, I would have never uncovered my calling, built lifelong friendships, and realized how precious life truly is.

Some Sobering Facts About the Pandemic

We're not out of the Covid-19 woods yet, and we may not be for quite some time. Dr. Michael Osterholm, PhD, MPH, who is an internationally known expert in infectious disease epidemiology and author of a book published in 2017 titled "Deadliest Enemy," which correctly foretold a global pandemic, offers some excellent information and insight. (Following are direct quotes from an interview with Dan Beuttner published last month on blue-zones.com.)



“Your present circumstances don't determine where you can go; they merely determine where you start.”

- Nido Qubein

- Three months ago, Covid-19 was not even in the top 75 causes of death in this country. Much of the last month, it was the number one cause of death. This is more remarkable than the 1918 flu pandemic.
- There is no scientific indication Covid-19 will disappear of its own accord. There is nothing in our past history that would suggest the virus will just suddenly disappear and die off. While it does change genetically over time, it's still a very stable virus. There's no evidence that somehow it might just mutate itself away. That's just not going to happen.
- If you're under age 55, obesity is the #1 risk factor. So eating the right diet, getting physical activity, and managing stress are some of the most important things you can do to protect yourself from the disease.
- One of the best things we can do for our aging parents is to get them out into the fresh air, while maintaining physical (not social) distancing. It turns out that being in the outside environment dissipates the aerosols that spread the virus. The challenge is attending indoor family or social events because we put out hundreds of thousands of aerosols every minute when we talk. For example, if you're riding in a car with someone who's infected, you may become infected by breathing their air within 10 minutes. If they have a cloth mask on, that may move it to 20, but it doesn't eliminate it.
- Wearing a cloth mask does not protect you much if you're in close contact with someone who is Covid-19 contagious. It may give you 10 minutes, instead of five, to avoid contracting the disease.
- Only 5% of the country has been infected to date. We can expect Covid-19 to infect 60-70% of Americans (around 200 million Americans) until we achieve 'herd immunity,' where these people are immune rods in the transmission reaction. I call it the leaky bucket virus because if there's one little crack somewhere, it will get out and will infect people.
- We can expect between 800,000 and 1.6 million Americans to die in the next 18 months if we don't have a successful vaccine. We have the world's top scientists working on this and there are over 120 vaccine candidates being evaluated right now. But there are challenges with coronaviruses. We know that from two other coronavirus infections called SARS and MERS; in both instances we were not able to get easily and effectively applied vaccines. Moreover, there are eight billion people in the world that want this vaccine right now.
- There is no guarantee of an effective vaccination and even if we can find one, it may only give short-term protection, which means people will have to keep getting re-vaccinated.
- Speeding a vaccine carries its own risks.
- Right now if you're over 65, you're male, if you have underlying heart disease, hypertension, diabetes, renal disease, certain lung cancers or blood cancers or if you're moderately to severely obese, then these are all risk factors for developing the disease.

January 2021 Calendar Raffle for Charity

Donation \$20 per ticket ~ SGC # 15629

Winning No. Based on PA Evening Daily Straight – 3 Digit

01/01/2021	Coach Bag valued at \$275
01/02/2021	Amazon Gift Card valued at \$75
01/03/2021	Chick-Fil-La Gift Card valued at \$50
01/04/2021	TJ Maxx Gift Card valued at \$50
01/05/2021	Kohl's Gift Card valued at \$50
01/06/2021	KitchenAid Multi Cooker valued at \$349
01/07/2021	Texas Road House Gift Card valued at \$50
01/08/2021	Old Navy/Gap Gift Card valued at \$50
01/09/2021	Under Armor Gift Card valued at \$50
01/10/2021	Kohl's Gift Card valued at \$50
01/11/2021	Bath and Body Works Gift Basket w/\$20 Gift Card valued at \$56
01/12/2021	Coach Bag valued at \$275
01/13/2021	Cabela's Gift Card valued at \$75
01/14/2021	Kohl's Gift Card valued at \$50
01/15/2021	Applebee's Gift Card valued at \$50
01/16/2021	Texas Road House Gift Card valued at \$100
01/17/2021	Longhorn Restaurant Gift Card valued at \$50
01/18/2021	Home Depot Gift Card valued at \$75
01/19/2021	Yeti Cooler valued at \$200
01/20/2021	Mt. Airy Junction Gift Certificate valued at \$50
01/21/2021	Olive Garden Gift Card valued at \$50
01/22/2021	Cracker Barrel Gift Card valued at \$75
01/23/2021	Lowe's Gift Card valued at \$75
01/24/2021	Texas Road House Gift Card valued at \$50
01/25/2021	Sam's Club/Walmart Gift Card valued at \$100
01/26/2021	Visa Card valued at \$50
01/27/2021	Cheesecake Factory Gift Card valued at \$50
01/28/2021	Texas Road House Gift Card valued at \$50
01/29/2021	Visa Card valued at \$50
01/30/2021	Target Gift Card valued at \$100
01/31/2021	2 Night Stay-Plim Plaza Hotel Ocean City, MD, with \$100 Gift Certificate to the Pool Bar and 2 Rounds of Miniature Golf total value of \$500



**WINNERS WILL BE NOTIFIED BY PHONE
ALL PROCEEDS WILL BENEFIT H.O.P.E.**

H.O.P.E. Holiday Craft & Vendor Show
 Shop with H.O.P.E. for a Cause
 Saturday, October 17
 New Freedom Community Building
 150 E. Main Street
 8:30 a.m.—2 p.m.
 50+ Crafters and Vendors with many Holiday Gift Ideas
 Chinese Auction—Raffle
 Delicious food provided by Tasteful Occasions Catering



**ONE FULL CORD
OF WOOD**
Cut, Split and Delivered
 (within 25 miles of Stewartstown)
\$175.00

Help support H.O.P.E.
 purchase a cord of wood
 call 717-244-2174



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



"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."

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