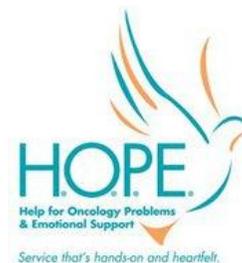




2020
2021

H.O.P.E. LIFELINE



H.O.P.E.

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P.O. Box 279

Stewartstown, PA 17363

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)

Soup—Sandwich— Cookie Sale

Saturday, December 5

10 a.m.—3 p.m.

St. Paul Lutheran Church—
Hametown

11894 Susquehanna Trail S
Glen Rock

Must pre-order by Tuesday,
November 24



See page 5 for
details.

Blood Drive and Food Truck Fundraiser in Honor of Byron Boyd


Eureka Volunteer Fire Company
Main Street, Stewartstown
December 12, 2020

Saturday, 9 a.m.—2 p.m.

Miller's Smoking Grill Pit Beef

Bricker's Famous French Fries

MACSTACK Mac & Cheese

PA Dutch Funnel Cakes

Food proceeds benefit H.O.P.E.

Sign up in advance to donate by
calling 1-800-733-27677
(1-800-RED CROSS) or down-
loading the Blood Donor mobile
app

H.O.P.E.'s Office Hours are Mon-
day 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

*As our support group attendees are aware,
we canceled our November meeting due to
the spike in Covid cases.*

*We are suspending further meetings until
we feel it is safe for our patients and staff.*

We will keep you posted.

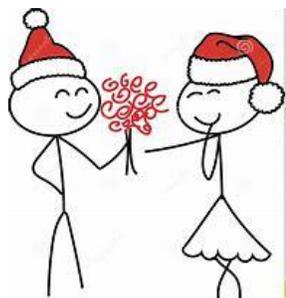
INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Food Fundraisers	Pg. 2
Angel Corner	Pg. 2
Christmas Thoughts from Barb	Pg. 3
Post-Traumatic Stress in Cancer Pa- tients	Pg. 4
Raffle Ticket Items	Pg. 5

FROM THE EDITOR'S DESK

Christmas is just around the corner: 'Tis the season to be....safe. This is the theme that runs through our final newsletter of 2020. I know no one will be sad to see this year end, and all are hoping for a safer, healthier, calmer 2021.

Amidst this time of uncertainty, there is still one sure thing: Our cancer families will celebrate Christmas. Santa and his elves, under the leadership of veteran Head Elf Marty Streett, have been working hard at H.O.P.E. for months to ensure that children and parents get an extra special **Christmas**. Thanks to the continuing wonderful generosity of organizations and businesses and individuals, H.O.P.E. will be making over 90 children and their families giggle with glee this Holiday Season! Santa has shopped, built and created several gifts for each child, along with pajamas, a blanket, and a book. Each child's family will receive a food basket (also from Santa) filled with a variety of special foods. Most of our families are within driving distance so they can come and pick up their gifts, but Santa will have to deliver some pretty large packages to families in Georgia, South Carolina, Maine, and California.



“Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas.”

- Dale Evans

Other than the hustle and bustle of sorting and wrapping presents, things have been pretty quiet for H.O.P.E. The finishing touches have been put on our **soup, sandwich, and cookie sale** for Saturday, December 5. If you want some delicious homemade chicken corn soup or Maryland crab soup or chili, you need to place your order asap. The deadline is Tuesday, November 24. On December 12th, you'll have an opportunity to do good by donating blood at the **Blood Drive and Food Truck Fundraiser in honor of Byron Boyd**, by one of our cancer patients who first set up this particular drive some years ago. Enjoy mouth-watering food trucks from Miller's Smoking Grill pit beef, Bricker's Famous French Fries, MACSTACK (macaroni and cheese) and PA Dutch Funnel Cakes at the Eureka Fire Hall and donate critically needed blood. On this day, you still have a chance to buy a Calendar Raffle Ticket for our January 2021 Raffle. The deadline to purchase tickets is Wednesday, December 23, but put your order in sooner in case we run out. See page 5 for more information. And finally, a reminder of a most unusual, memorable gift, a brick on the walkway into the Hope Haven. It's a walk of fame for sure. Bricks are still being sold at www.hopelifeline.org/buyabrick/.

Buy A Brick

Brick Sizes
4 x 8 \$100 8 x 8 \$250
12 x 12 \$1000 24 x 24 \$2500

PLEASE VISIT
WWW.HOPELIFELINE.ORG/BUYABRICK
TO DOWNLOAD YOUR APPLICATION
OR ORDER ONLINE VIA PAYPAL

Engraved commemorative bricks
will be laid around our
"Vacation from Cancer Retreat"

For more information
Call the office 717-244-2174 or
assistant@hopeforcancerfamilies.org

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

Our next newsletter won't come out until late January 2021. I already feel more optimistic writing that date. **All of us at H.O.P.E. wish our readers a healthy holiday filled with love, and we look forward to bringing you happier news down the road.**

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

BY BARB TITANISH, PRESIDENT & CO-FOUNDER



This past year has been a difficult one for so many because of the virus. We at H.O.P.E. are grateful for all of those who brought a ray of sunshine into our lives by their kindness, their smiles, and their continued monetary support of H.O.P.E.

We must not forget those who donated wood, cut and stacked wood, delivered wood, and purchased wood that kept us solvent. We must also thank the families who shopped for our food pantry and did holiday shopping for our cancer families.

Even though it was a difficult year it was also a blessed year because it showed us that we have so many wonderful people in our lives. Thank you all for your kindness. You truly earned your Angel Wings this year.

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!

Special Holiday Thoughts For an Unusual Holiday Season

This holiday is sure to be like no other. We're all looking forward to the traditions and memories that make this time of year so special. While things may be different from years past, that doesn't change the importance of family or the meaning of the season.

For most of us, gatherings will be put on hold. Some lucky ones may be able to hold outdoor celebrations; others may "zoom in" for online get-togethers. Because health and safety are top priorities for our cancer patients and their families, we are sadly canceling our Christmas party and Christmas tea this year. Please know you'll be in our hearts and thoughts. In the meantime, here's a reminder that Christmas is year-round.

Christmas

Author Unknown

*Every time a hand reaches out to help another,
That is Christmas.*

*Every time someone puts anger aside
And strives for understanding,
That is Christmas.*

*Every time people forget their differences
And realize their love for one another,
That is Christmas.*

*May this Christmas bring us
Closer to the spirit of human understanding;
Closer to the blessing of peace*

Be the Bright Leaf on the Tree

The song says, "It's the most wonderful time of the year." Well, maybe not this year. Fall has given us the most beautiful display of colors we've seen in a long time and serves as a reminder that there is beauty in this difficult time, but we are all struggling.

We worry every time we leave our home – will we be safe shopping for groceries, buying gas, going to an appointment? Are others abiding by social distancing protocol, are they all wearing a mask? At least we can now move about with fewer restrictions; what about the residents of retirement and nursing facilities who are living in virtual isolation. So if you are having trouble this holiday season putting on a happy face, seeing cheerful TV commercials, listening to carols – you are not alone.

You ask the question, "How can I help others when I do not seem capable of helping myself?" I want you to know first and foremost that what you are feeling is being felt by more people this year than ever before. We are all sad. Looking forward to this holiday is not bringing us joy. We miss our families – we miss hugging!

Maybe we should take a lesson from the leaves this fall. We should let our inner beauty shine to brighten ourselves and cheer those around us.

- Call a friend. Share your sorrow but share one small joy that you have felt that day. Hear what is on your friend's mind, too.

[Continued on page 5]

Stressed? Anxious? Depressed? Cancer Can Cause PTS

It's hard to believe that many Americans have remained untouched by the horrors of 2020. Politics and Covid-19 have dominated our waking moments and led to nightmares or sleepless nights. Add a debilitating illness to the mix and it's a recipe for PTSD (post-traumatic stress disorder), an anxiety disorder that often occurs after experiencing a very distressful or life-threatening event.

In fact, according to the National Cancer Institute, post-traumatic stress (PTS) can occur anytime in cancer patients during or after treatment. The NCI distinguishes PTS from PTSD in that the latter is more severe and affects survivors of such stressful events as "the threat of death or serious injury in military combat, or natural disaster, or a violent personal attack." The symptoms of shock, fear, helplessness, and even horror are typical to both, but in cancer patients they're not as severe and don't last as long as in PTSD.

Patients dealing with cancer may have symptoms of PTS at any point from diagnosis through treatment, after treatment is complete, or during possible recurrence of the cancer. Parents of childhood cancer survivors may also have post-traumatic stress. Certain factors may make it more likely that a patient will have PTS. They include physical and psychological factors.

- Cancer that recurs was shown to increase stress symptoms in patients.
- Breast cancer survivors who had more advanced cancer or lengthy surgeries, or a history of trauma anxiety disorders, were more likely to be diagnosed with PTS.
- Patients who have experienced previous trauma or have a high level of general stress.
- Genetic factors and biological factors (such as hormone disorder) that affect memory and learning.
- The amount of social support available.
- The use of avoidance to cope with stress.

Patients experiencing post-traumatic stress may exhibit such symptoms as irritability or fearfulness, an inability to think clearly, sleeping problems, avoidance of other people, and a general loss of interest in life. These symptoms usually begin within the first three months after diagnosis but sometimes they do not appear until later, sometimes even years later. Triggers include the diagnosis itself, treatment, waiting for test results, and learning the cancer has recurred.

It is important that cancer patients and survivors are aware of the possible mental distress of living with cancer and the need for early treatment of post-traumatic stress. All patients benefit from good social support, clear information about the stage of the cancer, and an open relationship with healthcare providers. For those who are suffering from PTS, counseling (individual and group) have been shown to help. Other forms of treatment that help are:

- Relaxation training.
- Cognitive behavioral therapy.
- Support from family and friends.
- Meditation.
- Yoga.
- Mental imagery exercises.
- Hypnosis.
- Breathing exercises.

Medications should be used as a last resort or in combination with other psychological therapies. These medicines can relieve symptoms of anxiety, such as feelings of fear, dread, uneasiness, and muscle tightness. They may relieve daytime distress and lessen trouble sleeping.

According to Dr. Elizabeth Comen, an oncologist at Memorial Sloan Cancer Center, "There is no evidence that stress directly affects treatment outcomes. We don't know that stress worsens someone's outcomes simply by saying there were stressed. However, if stress causes patients to be less compliant with their medications, to be fearful of leaving their house or to eat more poorly or exercise less – those factors really can have an effect on outcome."

It's important for cancer patients to remember that they are not alone and there are many other people going through exactly the same thing, or have already gone through it. With a global pandemic ongoing, it's not at all surprising that many people are experiencing an increase in anxiety, so it's important to look around at the resources available and ask for support. This can be healthcare providers or a social worker at a hospital where treatment is being done. Support can even be found within the safety of the patient's home through telemedicine and online support groups.

Be the Bright Leaf

[Continued from page 3]

- Make cookies and take them to someone who does not enjoy baking. Every time you roll out that cookie dough, you will remember in your heart how the taste of that cookie will make someone smile.
- Look at the catalogs that are now filling up your mailbox and order something new – give yourself a Christmas present.
- Challenge yourself to do something new every day. My mother said, “Always leave the place better than you found it.” Give each day purpose.

When Christmas arrives, you can look back over the previous days and pat yourself on the back for all you have accomplished. Be that bright leaf on the tree this year for others to see!

Soup—Sandwich—Cookie Sale

The perfect cold weather treat, and all you have to do is come and pick it up. Homemade soup and cookies and three different pretzel sandwiches. Choose from the following (or order one of everything!):

Maryland Crab Soup	Quart for \$10
Chicken Corn Soup	Quart for \$8
Chili	Quart for \$8
Ham & Pretzel Sandwich	\$5
Roast Beef & Cheese Pretzel Sand.	\$5
Turkey & Cheese Pretzel Sand.	\$5
Associated Cookies	\$2

Orders must be placed no later than Tuesday, Nov. 24. Pick-up Dec. 5th between 10-3 at St. Paul Lutheran @ Hametwon. See our facebook page for more details or call the office. For the order form go to Www.facebook.com/events/371972703994739.

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

May be purchased online
Www.hopelifeline.org/calendarraffle

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

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."

Visit Us on the Web
www.hopelifeline.org
<http://www.hopeforcancerfamilies.org>
"Like" Us on Facebook:

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