

H.O.P.E. LIFELINE



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H.O.P.E. Lifeline

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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 Mtg.

Date: Wednesday,
September 14
Time: 7:00 p.m.
Location: H.O.P.E. Haven

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)

The Haven Grand Opening

28 years in the making!
September 24th, 2022

from 1-4pm
A Special Ribbon
Cutting Ceremony
held at 2:30 pm

We invite you to
celebrate with us!
Light refreshments
will be provided.

PLEASE
RSVP

by September 9th by
calling 717-244-2174 or email
assistant@hopeforcancerfamilies.org

Shrimp and Bull Roast

Saturday, October 8
7—11 p.m.

Jarrettsville Gardens,
Jarrettsville Fire Hall

3825 Federal Hill Road
Jarrettsville, MD 21084

All You Can Eat Buffet
Shrimp, Pit Beef, Pit
Turkey, Sides
Beer and Wine



Silent Auction * Door Prizes
*Sponsored by W. Dale
Brougner Foundation*

H.O.P.E.'S NEW ADDRESS

Mailing Address:
P.O. Box 279,
Stewartstown, PA 17363

Physical Address:
13275 Blymire Hollow Rd.,
Stewartstown, PA 17363
Phone: 717-244-2174

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FROM THE EDITOR'S DESK

This month's issue of our newsletter is going to have a different look. Our wonderful writer and editor, Jean Lillquist, fell and broke her wrist so I am taking over the writing for this month. We wish Jean a speedy recovery.

You will find the Editor's desk and the Angel corner are combined because I am sharing thanks and gratitude for 28 years of HOPE. I know over the span of years, I will probably have forgotten some names and for that I apologize ahead of time.

As we get closer to the Grand Opening, I find myself reflecting on the path that got us here to "The Haven" and all the hard work everyone involved provided. From day one, Ed Titanish, Mike Long and Craig Snook have been working alongside Nick Mavros, Steve Taylor with the Kinsley boys from the Kinsley School of Technology, Travis Brown and the gentlemen from the IBEW and the kids from River Rock School. No task was too much to ask! Greg Alban painted over three-quarters of the house and worked up on the trails. I would come out on a Sunday and find Greg working and singing along with the radio. During Covid, the guys took on the job of cutting, splitting and delivering wood. The guys delivered 16 cords a month. Their diligent work paid for most of the mortgage during the Pandemic. The guys are still cutting and splitting wood to get ready for this fall. We cannot forget all the generous people who donated their downed trees for the guys to cut up. That list is way too long to name but we thank you all. It takes over 9 hours to mow and weed wack this property. In the beginning, Ed did it all but then Craig Snook took over the job. In the summer the mowing never stops since there are 18 acres, 9 acres of which we mow.

*"With HOPE
the
imagination
soars."*

- Vickie Girard

The beautiful gardens that surround the Haven were graciously done with the help of Barb Heston from Heston's nursery. Barb worked with a church group from Pleasant Home Regular Baptist Church to plant our butterfly garden and the walkway in front of the office. The lovely planters that are around the pool area were also donated by Barb. Every year, I get the pleasure and fun of going to Heston's Nursery to select the plants to go in the planters. Donna Franco is like Wonder Woman who flies in and weeds and trims the flowers. We do not even know she is here until we go outside and everything is done. A group from Exelon comes every year to help us plant and mulch the gardens. We cannot forget the young men who did their Eagle Scout projects here. They made benches for the gardens, a handicap picnic table, the flower boxes, and helped carve out the trails. The girl scouts planted along the driveway and painted rocks for the pool area. Plus - they brought cases of cookies for the food pantry!!

Speaking of mulching, I called our good friend Gary Pomraning about getting mulch from his company. I asked for one pickup load and ended up with three tractor-trailer loads of mulch to use on the trails. It was a rainy day so Gary had to unload at the bottom of the property. Kenny Greer came to our rescue with a skid loader and transported the mulch to the top of the property. Four days later - it was finally finished on the trails.

Ed has laid the brick walkways and even though some like to point out his mistakes, I embrace them because the work is truly a labor of love. When winter came along Craig Snook's brother Kevin who after helping Craig one evening with snow removal has now taken over this winter task. When it storms, we do not have to worry about our families staying at the Haven because of the generosity of Powerhouse Generators. They donated a full house generator and Grace Electric did the electrical hook-up free of charge.

Joe Koller, Jim Mistler, Glen Roenigk, Gary Brittan and Dan Lau adopted the caretakers' suite as a project. They painted the whole suite and following a drawing that I made of the barn doors, they made it happen. When you have all these wonderful volunteers giving of their time, you need to provide food and nourishment. Along comes Phil and Donna Franco to the rescue. When I could not cook, they took over for me. Our groups did not go hungry.

The Stewartstown Lion's Club answered the call of providing safety for the patients staying at the Haven. Gary Schwinn, the President called to say the club wanted to take on this project. They invited me to come and speak and after that the project began. The club along with Bigfoot Power Wash purchased the first AED for the Haven and then Joe Shanabrough purchased the one for the office. Gary not only got the club on board but he reached out to Skip at CPR-now and got the company to discount the machine and provide training for 6 volunteers.

We were blessed to have the in-ground pool already in place when we purchased the Haven. Unfortunately, when we opened the pool, we realized we had a small leak. Justin Pfeiffer, a volunteer, stepped

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!

up in a big way to handle that issue along with Ed. Justin being the expert and ED being the goffer. Once we finally got the leak fixed, Mr. T's Pool Water brought two tanker trucks filled with water. When I asked about the bill, his response was, "Just let the families enjoy the pool now".

Speaking of water, we had only been at the Haven a little while when the office well pump went up and we had to call Tim Warner from Hopewell Heating and Plumbing. Tim and his crew showed up and replaced the pump. When Tim sent the bill – no labor costs were included – only the cost of the pump. Then this year the house pump went up and Tim to the rescue again and once again we only had to pay for the price of the pump. Our water feature in the front of the Haven was donated by Joyce Kitlas in memory of her husband Alex. I went to several companies for a quote for the project and was laughed at when I told them the budget that was available. Not – Splash and, it's owner, Mark. He took on the project and said if we provided 4 volunteers to help his workers, he would try to come in as close to the bottom line as possible. Mike, Craig, Ed and Pete offered to help and learned a lot about the pond-making business and all that is involved. Ed keeps the pond clean and free of algae which was very difficult this summer because of the hot weather. Needless to say, Ed will not be putting a pond in at our house anytime soon.

Every time I see the area where our 3 three thousand-gallon holding tanks sit, it really made me mad and upset. Because of the complaints from the neighbors at the Township meetings, we had to put in a holding-tanks instead of allowing us to use the already in-place drain field. Mike and Greg had to rework all of our bathrooms to separate the gray water from the black water. This little project put us way over budget which caused many upsetting hours for me. My daddy always said you need to make a positive out of a negative so the idea of planting a Veterans Garden in the area came to mind. Now when I see the fenced in area, I can reflect on our veterans, police officers and firemen rather than the thoughts of the difficult time we had with the neighbors at the start of the Haven. The garden would not have been possible without Andy Bobby, Chuck Neff and the New Freedom VFW. It still needs some finishing touches, such as mulching and more flowers.

When we were ready to move from the New Freedom Office into the newly renovated offices at the Haven, we needed manpower and a moving truck. In stepped Kurt Snook – Craig's other brother with a loan from his company of a box truck and the strong hands and back of his son Nick. But anyone who knows me, knows I accumulate a lot of "Stuff" so we were in need of more manpower so Jack Tillett, a board member at the time, arranged for the Penn State Ball Team to help us move. Those young men were amazing. One of the gentlemen we nick-named Bam Bam because of his strength. He had to look it up because he had never watched the Flintstones. He liked the name so much even after he saw the Flintstones that he still refers to himself by that name. Wayne Wurzbacher just stopped by from the New Freedom Lions and ended up spending the day helping us move.

After all the major construction work was done, Cheryl and Terry Schroeder along with Pete McGraw came in and put the finishing touches on the Haven. Cheryl acted as our caretaker when the first guest stayed at the Haven for our soft opening.

All of this work could not have been done without the friends who felt so strongly about our project that they included us in their wills. My dear friend, Fred Heffner said he would always have my back and he did even in death. He shared in his estate and the same also with our friends Beda Obrigkert and Father Joseph Carolin. Fred collected art and you will see his paintings from his collection throughout the Haven.

Jarvis Green and Keith Bell, long-time friends of our family, provided support when it came to our web page and the ordering of the new computers. Jarvis owns a web design company and Keith a computer repair business. Both of them have always been there when we needed them.

For over 28 years, there have been many hands working in the dream of the Haven. If the former board members were not good stewards of our finances, the Haven would not exist. If area businessmen such as Stan Brown, Bob Kinsley, Bob Hittie and so many others did not support us we would not have gotten to this point. We cannot forget about all the churches that have been supporting HOPE for years such as Stewartstown Presbyterian Church, St. John the Baptist Catholic Church, Greenmount United Methodist Church, Mt. Gilead United Methodist Church, Norrisville United Methodist Church, Stewartstown Baptist Church, Bel View Freewill Church and several others.

Several service clubs have supported HOPE over the years. I have mentioned the Stewartstown Lions, but the New Freedom and Shrewsbury Lions clubs have been very supportive of HOPE with monetary donations. We can't forget our biker friends, both Twin Rose Lady Riders and the ladies Mid-Atlantic Women's Motorcycle Rally (MAWMR). These ladies adopted us over 17 years ago and have provided us friendship, love and financial aid to HOPE.

We need to make a special note of the outpouring of love and support from the community and those who attend our many fundraisers over the years. We have friends who plan their vacations around some of our events and travel many miles to enjoy the fun and the fellowship of the HOPE family. While I am reminiscing let me tell you about our first fundraiser. It was the brainchild of Mike Sommers who worked at Graceton's store now known as Saubel's. Mike came up with the idea of the largest Hoagie. The store baked the roll that wrapped around the store, Mike got all the supplies donated to make our hoagie. We sold a 6-inch hoagie and a Pepsi, which Mike also got donated for \$3.99. We were so happy because we raised \$800! You have no idea how happy we were to make that "much"

money. Jim Scharnetzka came to me about having a basket bingo and 25 years later we are still running two Bingos a year. When Jim stepped down as the Bingo organizer, Beth Leader stepped up and took over until 9 years ago when Chris Waltemyers and Tanya Markle (Sis) took over this fundraiser. Without your support we would not be where we are today. We run 9 fundraisers a year and I could go on forever on who has run all of them, but Bingo is our longest running one. Thousands of our community family have attended our fundraisers, from Bingos to Bull Roast you have all had a hand in supporting HOPE and we Thank You.

Of course, the last 28 years would not have happened without all the wonderful Volunteers who work diligently daily to keep all the wheels turning at HOPE. From Mary, Marty, Bobbie, Sandy, Lynn, Kay, Herman, Linda T., Jeannette, Linda J., Nancy, Rita, Norma, Carol S., Marge and all the Newsletter ladies. This group is more than just volunteers. They are family!

Jen and I were the architects, the dreamers, of this project but everyone else were the builders who made this home a Haven for rest, relaxation and lasting memories for our patients and their families who visit here. I know Jen is smiling down from heaven as this dream became a reality.

I hope you all can join us for the Open House on September 24, 2022 from 1-4pm.

Thank you all for the love and support over the last 28 years. ~Love, Barb

“One small crack does not mean that you are broken. It means that you were put to the test and you didn’t fall apart.”

~Linda Poindexter



**LiveStrong
at Roses
YMCA**

The Fall Program will begin September 6th and runs thru October 25th. We will be offering a daytime and an evening program on Tuesday and Thursday. INTERESTED? Contact Tara Neff at tneff@rosesymca.org or 717-235-0446 ext. 404.



Buy A Brick

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

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 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



Confidence
INKED
 SCAR CAMOUFLAGE & AREOLA TATTOO

A trained artist, Barbara Fox, and a breast cancer survivor wants to help those ladies looking for scar cover-ups. After treatment, she saw a video and decided THIS is it, THIS is what she needs to do. She attended her first class on areola tattooing and it was awful. She decided to find what was right and how this art should truly be done. She has spent over 3 years learning art. Now she execute amazing realistic areola tattoos and beautiful scar camouflage in Lebanon.

More info and photos on
www.ConfidenceInked.com
 717-273-2273

Celebrating My Scars

Po Bronson, in his book *Why Do I Love These People?* (Random House, 2005), tells a true story about a scarred and stately elm tree. The tree was planted in the first half of the 20th Century on a farm near Beulah, Michigan (USA). It grew to be magnificent. Today the elm spans some 60 feet across its lush, green crown. Its trunk measures about 12 feet in circumference. And a vivid scar encircles the tree.

In the 1950s the family that owned the farm kept a bull chained to the elm. The bull paced round and round the tree. The heavy iron chain scraped a trench in the bark about three feet off the ground. The trench deepened over the years threatening to kill the tree. But though damaged so severely, the tree strangely did not die.

After some years the family sold the farm and took their bull. They cut the chain, leaving the loop embedded in the trunk and one link hanging down. The elm continued to grow and bark slowly covered parts of the rusting chain that strangled it. The deep gash around the trunk became an ugly scar.

Then one year agricultural catastrophe struck Michigan — in the form of Dutch Elm Disease. A path of death spread across vast areas of countryside. Most elm trees in the vicinity of the farm became infected and died. But that one noble elm remained untouched.

Amazingly, it had survived two hardships. It was not killed by the bull's chain years earlier, and this time it out-lived the deadly fungus. Year after year it thrived. Nobody could understand why it was still standing in a vast area where most every other elm tree was gone.

Plant pathologists from Michigan State University came out to study the tree. They looked closely at the chain necklace buried deep in the scar. These experts reported that the chain itself actually saved the elm's life. They reasoned that the tree absorbed so much iron from the chain left to rust around its trunk that it became immune to the fungus. What certainly could have killed the tree actually made it stronger and more resilient.

As Ernest Hemingway said, "The world breaks everyone and afterward many are stronger at the broken places." The same chain that severely wounded the tree saved its life in the end.

The story of this tree reminds me that the very things that have hurt me, physically as well as emotionally, have also helped me more than I may ever know. Many of them left scars—some of the scars are visible and some not. But these days I am learning to accept my scars—even to celebrate them.

Why not? My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.

Yes, I have scars. I have decided to look on them as things of beauty. And I will celebrate them.

— Steve Goodier



Fall Bingo

We're on for **November** in our same location—the **New Freedom Community Center**. Definite date is still being finalized. We will let all our bingo buddies know asap.

Shrimp & Bull Roast

ALL YOU CAN EAT, shrimp, beef, turkey, beer and wine on Saturday, October 8, 2022 at Jarrettsville Gardens in Jarrettsville Fire House, 3825 Federal Hill Rd., Jarrettsville, MD. Silent Auction—Door Prizes—DJ & Dancing. \$50 per ticket or purchase 9 tickets and get the 10th for free. Call the office 717-244-2174.

Holiday Craft and Vendor Show

Join us on **Saturday, October 15**, from 8:30 a.m. to 2 p.m. for the Holiday Craft and Vendor Show in its new venue at the Stewartstown Presbyterian Church, on 14 College Avenue. In addition to fun holiday shopping in one place, there will also be a Chinese auction, a raffle, and delicious food from Tasteful Occasions Catering. We are still accepting vendors so if you're interested give us a call.

Firewood

Our lumberjacks have been working hard cutting, splitting, and stacking wood for the cold temps around the corner. (Sure wish they'd arrive soon.) It's only \$200 a cord with free delivery within 20 miles of Stewartstown.

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



"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."



RETURN SERVICE REQUESTED

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