



April 2016

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If you know someone who might enjoy or benefit from receiving the Lifeline, please submit the person's name and address to:

H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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 717-227-2824.

H.O.P.E. LIFELINE



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 with offices on the second floor of the New Freedom Community Center at 150 East Main Street, New Freedom, PA 17349

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) 227-2824 Fax: (717) 227-2963
E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org

H.O.P.E. Basket Bingo & Non-Perishable Food Drive



Sunday, April 10

Doors Open at 12:30
Bingo Starts at 2:00

New Freedom Community Bldg.
New Freedom, PA

Tickets \$15 in advance
\$18 at the door

Contact the H.O.P.E. office at
717-227-2824
717-227-2824
for tickets and details

11th Annual Voices for Hope Benefit Banquet

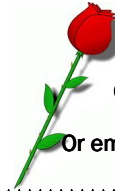
Thursday, May 5, 2016

5:30–9:30 p.m.

Wyndridge Farm

Tickets \$60.00 per person

**Features a Reception, Silent Auction,
Dinner, and Presentation**



**For tickets,
call 717-993-3778**

Or email mcauliffeh@comcast.net

Support Group Meeting

Date: Wednesday April 13, 2016
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: TBA
Topic: The Power of Essential Oils

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FROM THE EDITOR'S DESK

The poet T.S. Eliot may have found April to be the cruelest month, but we at H.O.P.E. totally disagree. April is spring bingo, putting the final touches on the Voices for Hope gala, planning the annual meeting where scholarship winners are announced, and looking forward to summer events. April is flowers, balmy breezes, and baseball.

However, there is one minor discordant note in our April symphony. The newsletter is losing a co-editor. Rest assured that H.O.P.E. is in no way losing Jeff Hoffman. Jeff will continue his work managing our website as well as all the other regular tasks he performs (as the founder of Voices for Hope he is still one of its driving forces) and he will contribute freelance pieces from time to time because nobody writes from the heart as well as he does. So enjoy his Voices for Hope retrospective on page 4 of this newsletter.

Speaking of our spring events; remember Bingo on Sunday, April 10. Doors open at 12:30 and the games commence at 2. Arrive somewhere in between so that you can find your lucky seat and enjoy the wonderful food provided by Tasteful Occasions. And don't forget, every canned good you bring earns a raffle ticket for a chance to win great prizes.

You've probably heard the term palliative care. What you may not have heard is that it's a relatively new field of medicine that helps improve the quality of life for people with major illnesses. See the article on the next page for more information.

“The greatest mistake in the treatment of disease is that there are physicians for the body and physicians for the soul, although the two cannot be separated.

- Plato

ON A POSITIVE NOTE...

A few months back we gave some information about clinical trials. These are vital in helping scientists and medical personnel determine the efficacy of new drugs and treatments. Yet many people are reluctant to look into them. One common complaint is that the patient might be given a placebo and thus has wasted his or her time and maybe even lost ground. Here's a story that appeared in the March 2016 AARP Bulletin that could put that fear to rest.

A 60-year-old New York man was diagnosed with stage 4 pancreatic cancer in July 2011 and told he had a year to live. The cancer had spread to his liver, where doctors found an inoperable two-centimeter tumor. The man entered a drug trial alongside the traditional chemotherapy regimen. Some of the participants received an experimental drug while others got a placebo. The article quoted the patient as saying, "I saw in my little attic apartment and took this drug, and told myself, 'This is a miracle drug that is going to save my life.'" That September the man's oncologist called him in shock: Scans showed that his tumor had disappeared. And he received one more shock after that: he had been given the placebo treatment. Five years later he is still cancer free.

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

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

There is just something special about sharing a great plate of pasta with friends in the bleak month of February. Dimos and Vicky Papageorgiou have welcomed H.O.P.E. friends to their New Freedom Restaurant on a Monday evening in February for the past years to enjoy food and friendship, and have given all the proceeds of the evening to H.O.P.E. Even the servers have donated their tips. This year the Papageorgious presented to Barb with pride a check for \$3,535.21 from the pasta event. Wonder if their magic extended to the wonderful weather we had this year for a change?



The next time you're in the mood for pasta stop by New Freedom Family Restaurant and congratulate Dimos and Vicky for earning their Angel Wings.

Palliative Care Helps Patients and Their Families Deal With Major Illness

A few years we provided some information in a newsletter on palliative care, a method of care that focuses on improving a patient's quality of life. Officially approved as a medical specialty in 2007, this relatively new method of treating serious illnesses is unfortunately not well understood by the general population, who misinterpret it as hospice care. It is anything but.

Palliative care (also known as 'symptom management service') is provided by a specially trained team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with regular curative treatment. Palliative care teams include doctors, nurses, and social workers, and often also include spiritual advisers, dietitians, occupational and physical therapists, and pharmacists. It involves the patient and his or her family, and meetings can take place in the doctor's office, the hospital, or even at home. A patient can see a palliative care provider just once or on a regular basis.

Some suggested questions to ask during an initial visit to the palliative care provider include:

- What is my diagnosis?
- What are my treatment options?
- What are the side effects of these treatments?
- What do you think will happen if I choose not to treat my illness?
- How long do you think I have to live?
- How soon do I need to make a decision about which treatment to use (or not to use)?
- How will my illness affect my loved ones?

Notice that these questions focus not only on being treated. Depending on the severity of the patient's illness the palliative provider will help the patient weigh his or her options. To this end the following topics will probably be addressed:

Treatment—How well is it working? Is it better to continue it toward a goal in the future (seeing a child graduate) or stop or limit it to focus on quality of life?

- Side effects—Palliative care specialists can prescribe medications to deal with pain or unpleasant side effects of treatment medications.
- Emotional and social challenges—The team can help the patient and family members talk about feelings and solve problems. This can range from helping to reduce stressful family situations to finding transportation or resources to help pay for medicines.
- Spiritual concerns—Often the patient and family experience anger and resentment about the illness and can benefit from discussing those feelings with a chaplain or spiritual adviser.
- Goals and dreams—It helps to talk about short- and long-term goals with people who can not only help the patient prioritize them but help make them possible.

The website Lancaster.pa.networkofcare.org provides excellent information about palliative care, as well as personal stories. Following is one from a young woman who was 22 at the time she wrote this.

"After having chemotherapy and radiation treatments for non-Hodgkin's lymphoma, I was in remission and thought I was finally going to be okay. But then I got an infection, and my immune system couldn't handle it. Soon I was in terrible pain. When I was moved into a palliative care unit in a hospital, I thought it was because I was dying. But eventually with treatment my pain went away and I was able to go back to living a normal life. My palliative care doctor and her medical team were amazing. They did so much more for me than just give me medicine—they visited me, shared music, and even taught me guided imagery. Most of all, they gave me hope."

Palliative care is available at Memorial Hospital in York and through Wellspan. A patient can learn more from his or her doctor and can also call Wellspan at 717-851-3467.

A Special Celebration of Special People

By Jeff Hoffman



11 years ago I had an opportunity to take my then five-year-old son hiking. We set out on the trail, taking in all of nature's beauty. Somewhere along the way, he began to show concern about being lost. I explained that we weren't lost and that, in fact, we would be back to our car soon. Sure enough, we came out of the woods right where we had departed. He was amazed that we had traveled in a full circle. Sometimes, life has a way of bringing us travel in a full circle. Just ask Stan and Nona Brown. May 5th, H.O.P.E. will recognize them as the recipients of the Scott Brown Memorial Seeds of Hope Award. It was 11 years ago that

H.O.P.E. had approached the Browns seeking approval to honor their son, Scott, who had lost his battle with cancer.

The Voices for Hope Benefit Banquet started out with a modest goal to raise H.O.P.E.'s profile in the community. Since that time, H.O.P.E. has recognized many deserving people in our community who routinely step forward and show compassion and care for cancer patients and their families. In the ensuing years, H.O.P.E. has raised thousands of desperately needed dollars that go toward helping cancer patients.

The banquet is about more than just raising money. It is about inspiring people. Year after year, H.O.P.E. has managed to feature speakers with both interesting and inspirational life stories. This year is no exception as Retired California High Patrol (CHIP) Sergeant Kevin Briggs will share his story of battling cancer and saving lives. Known as the Guardian of the Golden Gate Bridge, Briggs has been credited with saving more than 200 lives of people seeking to jump from the bridge.

This year's event will be held at a new venue, the recently opened Wyndridge Farm in Dallastown, PA, on Thursday, May 5, 2016. The evening will begin at 5:30 p.m. with a reception and silent auction. The dinner and program will begin at 6:30. Tickets are \$60 per person (table of eight at \$420 if reserved by April 14).

The Scott Brown Memorial Seeds of Hope Award was created to honor Scott Brown who was Vice President and Manager of Fruit and Vegetable Operations at Brown's Orchards and Farm Market, and who lost his battle with cancer in 2005. Scott not only planted seeds for a living, he planted seeds of hope for the future.

Each year, H.O.P.E. recognizes an individual, business, or organization that has emerged as a devoted, compassionate supporter of cancer patients and their families.

This year will be a memorial evening as H.O.P.E. recognizes Scott's parents (Stan and Nona Brown) as the 2016 award recipients. The same lessons they taught to Scott and his siblings, Linda and David, such as their faith in God, love of family, and commitment to their community, have served as an inspiration to all of those who know them.

Life is full of challenges. Some moments may be painful while others may be full of joy and happiness. H.O.P.E. recognizes that each day a person chooses to fight cancer, they honor the legacy of Jeanette Cartwright, Scott Brown, and countless others who have touched our lives.

“The beautiful spring came, and when Nature resumes her loveliness the human soul is apt to revive also.”

- Harriet Ann Jacobs

Writing Your Woes Away

Writing, journaling, keeping a diary, whatever label you attach to putting your thoughts down on paper—it's a surefire way to help give form and meaning to your life. The act of writing itself is a means of organization and introspection, and as you write you uncover things about yourself you had either forgotten or hadn't ever realized.

You say, but I never liked to write; I always hated to write in school; no one ever taught me how to write; it's boring; it takes too long; I don't have anything to say.

To the contrary, everyone can write.

Writer Sharon Swanson runs a journaling program at Duke University Hospital, and she tells her participants that they can write about anything in their journals. Here are some of her ideas:

- Write a gratitude list
- Doodle
- Collect cartoons or quotes you like
- Write to-do lists
- Keep an ongoing list of questions to ask your doctor
- Write others' poems that move or inspire you
- Write your own poems
- Write passages of scripture
- Write funny things about your family
- Write your hopes and dreams

Do you think you'd like to join other H.O.P.E. friends in a writing group? If so, give us a call so that we can get an idea of who is interested. Stay tuned for further details.

Save the Date for the

CL Schaefer Memorial Music Fest

Sunday, August 28

Noon to 5 p.m.

2602 Jolly Acres Road

White Hall, MD



Enjoy the music of four different bands (blue grass, Christian, country)

Variety of food catered by Smithsons; Ice cream; Desserts

All proceeds to benefit the H.O.P.E. retreat,
A Vacation From Cancer



FYI—CLIP & SAVE

A Different Kind of Food Chain

Friends and family can provide welcome practical support to cancer patients by delivering healthy snacks and meals. Once the patient gives the go-ahead, here are some practical suggestions.

- Someone needs to be the coordinator. He/she will organize the menus and schedule the cooks.
- Find out what the patient needs/wants. This can include asking about food restrictions, preferred meal sizes, favorite foods, foods that may not taste right or cause nausea, or foods that the patient has never liked.
- Focus on high-quality foods. Go easy on the sugary treats or comfort foods and try to offer a balanced meal high in fruits and vegetables and whole grains with limited animal protein. Especially try to avoid high fructose corn syrup.
- Be aware of food safety. Because patients are weaker and often have compromised immune systems, it is important when preparing meals that the cook adheres to good safety methods: wash hands and surfaces often; separate raw meats from other foods; cook to the right temperatures; refrigerate foods promptly.
- Consider convenience. Schedule drop-offs at times when someone (not the patient) can be there. Include clear cooking instructions and any other information required. Provide disposable utensils and other containers so that no dish washing is required.

For the person or people in charge who find themselves overwhelmed by the responsibility, here are three great free organization sites you can use.

- Lotsa Helping Hands (lotsahelpinghands.com)
- Take Them a Meal (takethemameal.com)
- MyLifeLine (mylifeline.org)



Visit Us on the Web
<http://www.hopeforcancerfamilies.org>
"Like" Us on Facebook:
H.O.P.E. (Help for Oncology Problems and Emotional Support)

Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd Floor (Elevator Available)

Everyone is Welcome!
(Cancer patients, care givers, families and friends)
Need transportation to the Support Group Meeting?
Call 717-227-2824



"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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