



May 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: (7

17) 227-2963

UTA Karate Kicks and Connects for H.O.P.E.

Martial Arts Demonstration and Break-a-Thon Fundraiser



Saturday, May 7
11 a.m.—2 p.m.

Brown's Orchards and Farm
Market Pavilion
Loganville, PA

Support Group Meeting

This month, H.O.P.E.'s Annual Meeting replaces the Support Group Meeting.

Join us for a night of fellowship and recognition Wednesday, May 11, at 7 p.m. in the Serenity Room.

Meet our 2016 Jeanette Cartwright Memorial Scholarship winners.

Take A Swing At CANCER

H.O.P.E.'s 8th Annual Golf
Classic Tournament
Friday, August 5

Hickory Heights Golf Course
Spring Grove, PA

7-7:30AM Registration
Continental Breakfast

Tee Off Time 8:00 A.M.

*Hole in One on #17 Wins \$10,000

*Hole in One on #6 Wins a
Luxurious 4-day, 3-night Golf
Vacation at French Lick Resort

Be a sponsor! Packages available
from \$800 to \$75.

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
On A Positive Note	Pg. 2
Angel Corner	Pg. 2
Communication, Communication...	Pg. 3
Essential Oils	Pg. 4
Administrative Assistant Sought	Pg. 5
Chemo Brain	Pg. 5



“I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

- John Burrough

FROM THE EDITOR'S DESK

May is truly a time of celebration here because it features two wonderful events. Our **Voices for Hope** gala celebrates people who have made outstanding contributions toward helping others. This year's recipients of the Scott Brown Memorial Seeds of Hope Award are Scott's own parents, Stan and Nona Brown. Their son Scott lost his life to cancer over eleven years ago but his memory lives on in this award as it does in so many other ways. Stan and Nona have done too much for H.O.P.E. to begin to be recounted here, but their generosity and commitment have been an important factor in funding H.O.P.E.'s programs and mission. This year's speaker is an equally inspirational figure. Kevin Briggs was diagnosed with cancer at age 20 and yet went on to become a California Highway Patrol Officer and is now known as the Guardian of the Golden Gate Bridge for preventing more than 200 people from attempting suicide from the bridge.

Our other May event is our **Annual Meeting**, where H.O.P.E. presents scholarships to several outstanding high school seniors whose lives have been impacted by cancer. How heartening it is to meet these young adults and hear of their achievements. H.O.P.E. has given tens of thousands of dollars in scholarship assistance over the past two decades, but what better use of money than to help fund these scholars' education.

On A Positive Note...

Cancer survival rates continue to rise. In 1975 the five-year survival rate for all cancers was 49 percent; in 2016 it's up to 69 percent. More and more people are now living with cancer as part of their daily lives; modern medicine is helping hold it at bay thanks to new treatments like immunotherapies which are most effective against melanoma, kidney cancer, and lung cancer; and targeted therapies which are best used for chronic leukemia, non-Hodgkin's lymphoma, lung cancer, and breast cancer.

Since 1971 cancer mortality rates have dropped in the following cancers:

- Brain cancer, 10%
- Breast cancer, 36%
- Cervical cancer, 34%
- Colorectal cancer, 39%
- Kidney cancer, 12%
- Leukemia, 15%
- Lung cancer, 24%
- Lymphoma, 28%
- Non-Hodgkin's lymphoma, 28%
- Oral cancer, 29%
- Ovarian cancer, 22%
- Stomach cancer, 47%

Only pancreatic, liver, and thyroid cancer mortality rates have risen.

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

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



It wouldn't be April without Spring Bingo, and participants enjoyed another fun-filled afternoon thanks to the excellent organization and tireless work of Chris Waltemyer and her best friend, Sis. When doors opened at 12:30 guests were greeted by the wonderful aroma of pit beef and other food delights provided by Tasteful Occasions, whose owners, Kim and Rafael Hernandez, also donated their profits from the event to H.O.P.E. Prizes lined the walls, among them 21 Longaberger baskets donated anonymously that were then filled with items of every description. The afternoon passed quickly as Keith Dickmeyer called winning numbers, and everyone left a winner of some sort. Spring and Fall Bingo are beloved events, so you can see why Chris and Sis have earned their Angel Wings for their hard work.

Communication, Communication, Communication

It's safe to say that if you're reading this newsletter you have experienced cancer, either that of your own or in a loved one. Despite society's increasing familiarity with the disease it is still a difficult topic to talk about, especially with a cancer patient. Many suggestions have been made as to the "right words to say," and in fact, that will be addressed here as well. But first, courtesy of an article by clinical psychologist Susan Silk that was published several years ago in the L.A. Times, here's a slightly different take on the problem. She doesn't tell people what not to say, but whom not to say it to.

Silk calls it the Ring Theory. She says to draw a circle and put the cancer patient's name in the center of it. Then draw another circle around this one, and write the name of the person who is next closest to the patient. Draw another ring and include another name. In these rings closest to the patient are usually found spouses and other close family members. Keep drawing rings and adding names; possibly more distant family members, close friends, etc. When you've finished, you have what she calls a "Kvetching Order."

Now here are the rules. The person in the center can say anything he or she wants, to anyone, anywhere, at any time. "Why me?" "Life isn't fair." "I'm tired of feeling terrible." Anything. That's the one payoff for being in the center ring. Everyone else can say these things too, but only to people in larger rings. When you're talking to someone in a ring smaller than yours, one that is closer to the person in the center, your goal is to help. Before you say something, ask yourself if it will offer support or comfort. If not, don't say it. Often the best thing you can do is just listen. Do not offer advice. Instead, say "I'm sorry, this must be really hard for you." Or, "Can I bring you a pot roast?"

If you want to scream or cry or complain, if you want to tell someone how upset you are, that's ok, just make sure it's someone in a ring outside of yours. "Comfort In, Dump Out." Complaining to someone in a smaller ring than yours does no good and can only add to the person's aggravation. On the other hand, going out of your way to be supportive to people in the smaller rings, especially those closest to the patient in the center, could do a world of good for them and the patient.

This Ring Theory is widely known and used. One patient of the author found it useful to tape to her refrigerator. If nothing else, it's a tangible reminder of the best way you can help people and the people who need it most.

And now, what to say and not to say to the cancer patient. You've most likely read or heard many of the following comments.

- **Don't say**, "I can't stop crying. I'm up all night worrying about you." All this does is give the patient more to worry about him or herself.
- **Instead, say** *"I feel terrible you're going through this. Feel free to cry with me, to talk, or not to talk. I'll take my lead from you."*
- **Don't say**, "Just be grateful you don't have (insert another form of) cancer." People don't need to hear that things could be worse; comparing cancers is no help.
- **Instead, say** *"Tell me about your (whatever type) cancer, if you'd like. I'd like to know more about what you're going through."*
- **Don't say**, "You're so strong." Often this makes the patients feel as if they must continue to convey that impression when what they really need is to be able to admit feelings of fear and vulnerability.
- **Instead, say** *"I admire how you're handling this with such grace." This leaves the door open for the patients to admit to having bad days.*
- **Don't say**, "If there's anything I can do, just let me know." This is probably the most commonly uttered statement and probably the most ineffectual one. Unless it's said to a caregiver, all this does is put the burden on the patient of what to ask the person to do.
- **Instead, say** *something specific, such as "I'm going to make a meal for your family next week. I'll bring it on Tuesday unless there's a better day. I'm making lasagna unless there's something else you prefer. Let me know if there's anything you don't eat."*
- **Don't say**, "I know how you feel."
- **Instead say** *"I can't imagine how you feel."*

Essential Oils

Last month's support group topic was essential oils, which are aromatic compounds that come from distilling the fluids of plants. The oils that result are mixtures of hundreds of compounds and are extremely concentrated. They are most commonly known for their use in aromatherapy, and when inhaled are thought to benefit conditions such as stress, headaches, anxiety, pain, mood disorders, jet lag, insomnia or poor sleep, nausea and vomiting, and migraine. The oils can also be ingested or applied to the skin.



There are several hundred essential oils available, and probably even more suppliers. There is no federal regulation on who can manufacture or sell essential oils. An excellent source of information on selecting and using them is www.takingcharge.chs.umn.edu, from the University of Minnesota. It is important to consult someone who is trained in their use as they can cause considerable harm if used incorrectly, and it is important to consult your doctor as well before you begin to use them.

That said, here are five of the most commonly used oils in aromatherapy that have been found to be helpful in the treatment of certain conditions (information taken from verywell.com):

- Lemon. Breathing in the scent of lemon essential oil may significantly improve mood, according to a 2008 study of 56 healthy volunteers.
- Lavender. Said to possess sedative properties, lavender essential oil has been found to help relieve anxiety and insomnia in several studies. A study published in 2007 also shows that lavender inhalation may help alleviate agitated behaviors among older adults with dementia.
- Tea tree. Long used in folk medicine to treat cuts, burns, infections, and other skin conditions, tea tree oil may help kill staph bacteria, according to a 2009 report. Other studies show that it may be effective in the treatment of warts, athlete's foot, and dandruff.
- Rosemary. After sniffing the scent of rosemary for five minutes, volunteers in a 2007 study showed a significant decrease in their levels of the stress hormone cortisol.
- Peppermint. Taking peppermint oil in capsule form may help reduce some of the symptoms of irritable bowel syndrome, according to research published in 2007. Applying peppermint oil directly to the skin has also been shown to help relieve tension headaches.

Maybe you heard a recent item on the news about the use of essential oils extracted from frankincense in cancer treatment. This is a field that has a lot of promise. The use of frankincense as a curative property goes back nine thousand years to ancient Egypt, where it was thought to be sweat of the gods. For thousands of years it has been known to quell disease-causing inflammation, support heightened immunity, and prevent dangerous infections.

An Iraqi immunologist, who has teamed up with medical scientists from the University of Oklahoma, has observed an agent within frankincense which stops cancer from spreading and which induces cancerous cells to close themselves down. The task is now to determine which of the 17 active agents in frankincense oil this one is, because some of its ingredients are allergenic and patients cannot be given the whole thing.

Also, researchers at the University of Leicester in the UK have isolated a compound in frankincense that they used to kill cancer cells in vitro, and they're encouraged that this can become an additional treatment in the future after clinical trials.

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”

-Mark Twain

Congratulations to our 2016 Scholarship Winners!

*Megan Bowers, Eastern York High School
 Zoe Kamin, Northern High School
 Brea Keiser, Spring Grove Area Senior High School
 Erika Myers, Dover Area High School*

Walk to Help People Hear

Celebrate Sound is a national event that helps improve hearing health in communities.

Join the **Celebrate Sound—Don't Walk in Silence**

5K Run/Walk in the Park on Saturday, May 21, at Rocky Ridge County Park. Registration is at 8:30 a.m., the event begins at 9:00. Or register at www.celebratesound.org (select York or enter 17402). Help fund the mobile van that tests hearing for those who otherwise may not have the opportunity.

Wanted: Administrative Office Assistant

H.O.P.E. has a position available for an office assistant, 25-30 hours a week. *Responsibilities* will include but are not limited to the following:

- Setting up and maintaining the data base.
- Drafting letters and documents, collecting and analyzing information for President's review and approval.
- Producing information by formatting, inputting, editing, retrieving, copying, and transmitting texts, data, and graphics.
- Greeting guests and clients in person or on the telephone.
- Providing supervision of volunteers at direction of President.
- Overseeing operation of all office equipment.
- Attending meetings when the President is not available; some evening hours possible, compensation would be applied.

Skills/Qualifications:

- Proficiency in Microsoft Office and other office computer programs and applications
- Research grant acquisitions for non-profit agencies
- Administrative writing
- Reporting
- Supply management; time management
- Customer service

Resume may be emailed to barb@hopeforcancerfamilies.org

Hard copies may be mailed to

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

Music Fest

August 28

12—6 p.m.

Pond View Farm

Norrisville, MD

**Featuring music by Foggy Hollow,
 Long Ryde, Dakota, Set Free**

With D.J. Chris Wagman

Tickets (ages 16 and up)

in advance, \$18

At the door, \$20

Music, Games of Chance,

Food, Fun, BYOB

Call 717-227-2824

FYI—CLIP & SAVE—Chemo Brain

This is a term that cancer survivors use that best describes thinking and memory problems, they also known as Chemo fog. It can occur even several years after treatment has ended and can last for an unknown amount of time. Radiation patients suffer from a form of chemo brain as well. Survivors are frustrated when people don't understand and become impatient with them, and following are things they want others to know about chemo brain.

- "I'm not just using it as an excuse. Trust me, I don't want to forget things."
- "I am not crazy and I am not exaggerating. I'm being honest."
- "It feels as if you're wearing a cap on your head that's made of fog. And it's impossible to remove."
- "My least favorite words are now, 'You already told me that.' You don't realize it, but it's so embarrassing to hear that."
- "I really need you to be patient with me. I know you want to snap at me but please don't."
- "It's not funny, it's terrifying. You may laugh at first but after a while there's no joke anymore."
- "Being forgetful doesn't mean I've lost my intelligence. So please don't talk to me as if I don't understand."
- "Trust me, it's more frustrating for me than it is for you. I know it's annoying to repeat yourself but imagine if you were me."

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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