



November 2016

H.O.P.E. LIFELINE



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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. (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

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

Sunday, November 6, 2016

Doors Open at 12:30

Bingo Starts at 2:00

New Freedom Community Bldg.

Tickets \$15 before November 4

\$18 at the door

Retired, Current, Limited Edition
Baskets



Refreshments for sale by
Tasteful Occasions

Donate Items for Food Pantry for
Chance to Win Prizes!

Support Group Meeting

Date: Wednesday November 9, 2016

Time: 7:00 p.m.

Location: H.O.P.E. Serenity Room

Speaker: Cindy Blum, MASG, CHHP

Topic: Choosing Foods to Boost Immunity with decades of experience in organic gardening and farming, cooking classes and demos. Her interest in holism led to her practice in flower essences, aromatherapy, bodywork and energy work.

Celebrate Christmas with H.O.P.E.

Sunday, December 4

2 p.m.— 4 p.m.

**Westminster Place
in Stewartstown**

Live Entertainment

Festive Food

A Visit from Santa

**Join us in fellowship
to celebrate the
season of giving.**



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FROM THE EDITOR'S DESK

November is a month of thanksgiving. We are thankful for the transition to cooler weather, for the beauties that nature bestows on us, for the fact that we still have more time to shop for Christmas.

We at H.O.P.E. are thankful for the generous people who year after year after year donate items, money, and time to help ease the lives of our cancer families. I am thankful for Jeff Hoffman's perfect prose, which can be found on page 4 of this newsletter.

Here's a Thanksgiving reminder.

How To Observe Thanksgiving

Count your blessings instead of your crosses;

Count your gains instead of your losses.

Count your joys instead of your woes;

Count your friends instead of your foes.

Count your smiles instead of your tears;

Count your courage instead of your fears.

Count your full years instead of your lean;

Count your kind deeds instead of your mean.

Count your health instead of your wealth;

Count on God instead of yourself.



*“He who thanks
with the lips
thanks but in
part;
The full, the true
Thanksgiving
comes from the
heart.”*

-J. A. Shedd

ON A POSITIVE NOTE...

Last month readers of *The Baltimore Sun* were introduced to Willard 'Neal' Mills, who went from having less than six months to live two years ago to looking forward to retirement and golf in Florida.

Doctors discovered lung cancer in Mr. Mills two years ago, and despite months of different types of treatment the cancer spread to his liver and bones. Yet today the 67-year-old Owings Mills resident is cancer free. Medical professionals attribute this to the “abscopal effect,” where a small dose of radiation is used to target one tumor and somehow the rest of the cancer cells in the body are reduced. For Mr. Mills, his oncologist believes the radiation triggered the immunotherapy drugs that were still in his system. You may recall nearly a year ago the same sort of ‘miracle’ happened with former President Jimmy Carter’s advanced melanoma—immunotherapy involving a drug known as a checkpoint inhibitor was used.

The National Cancer Institute and Harvard medical School are conducting more studies using radiation combined with immunotherapy drugs. Mr. Mills, in the meantime, continues to be cancer free a year later, although to be on the safe side he continues immunotherapy treatments every two weeks.

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

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



Years ago, a wonderful group of ladies by the name of Twin Rose Lady Riders adopted us as their charity. Representing both York and Lancaster counties, these two dozen lady bikers have ridden many many miles over the years to benefit H.O.P.E. This year's ride had the smallest number of participants and yet raised the most money. Barb was thrilled to be handed a check for \$6,663.

Four years ago these ladies were the recipients of the Scott Brown Seeds of Hope award. Their dedication to H.O.P.E. has been unwavering. They do whatever is asked of them and do it with panache; they are enthusiastic and talented and always ready to go the extra mile. You can see why they have once again earned their Angel Wings.

November is Still Lung Cancer Awareness Month — Despite Its Preventability

Lung cancer is the second most preventable cancer in the US. About 70% of the cases are a direct result of smoking or regular exposure to second-hand smoke. Nevertheless, more than 200,000 new cases of lung cancer are diagnosed a year, and it is the leading cause of cancer death among both men and women, killing more people each year than colon, breast, and prostate cancers combined.

Lung cancer mainly occurs in older people. Two thirds of new diagnoses are 65 and older, while less than 2% are under 45. The average age at the time of diagnosis is 70. Lung cancer is slightly more common in men than women, although the gender gap is narrowing. Obviously smokers run a far higher risk for developing lung cancer than non-smokers. Despite its difficulty of diagnosis and serious prognosis if not found quickly, there are more than 430,000 people alive today who were diagnosed with lung cancer at some point.

Causes of Lung Cancer

Cigarette smoking, and to a lesser extent, pipe and cigar smoking, are the major cause of lung cancer. The risk increases with the number of cigarettes smoked over time. Among people who smoke two or more packs of cigarettes per day, one in seven will die of lung cancer. Pipe and cigarette smokers, although at less risk, still have five times more likelihood than nonsmokers of developing lung cancer. The good news is that the risk decreases each year following smoking cessation as normal cells grow and replace damaged cells in the lung. In former smokers, the risk of developing lung cancer begins to approach that of a nonsmoker about 15 years after he or she quits.

The saying “You’re judged by the company you keep” can be extended to you’re as healthy as the company you keep. Meaning, if you live with a smoker, your risk of developing lung cancer increases 24%. An estimated 3,000 lung cancer deaths occur each year in the U.S. due to passive smoking.

Other causes of lung cancer include exposure to asbestos (less common in the past couple decades), radiation, and radon gas. Radon gas can travel up through soil and enter homes through gaps in the foundation, pipes, drains, or other openings. The EPA estimates that one out of every 15 homes in the U.S. contains dangerous levels of radon gas. It is invisible and odorless, but can be detected with simple test kits. And for people who live in industrialized urban areas, air pollution is also a major cause.

Types of Lung Cancer

Lung cancer starts when abnormal cells grow out of control in the lung. They can invade nearby tissues and form tumors. Lung cancer can start anywhere in the lungs and affect any part of the respiratory system. The cancer cells can spread, or metastasize, to the lymph nodes and other parts of the body. Unfortunately, most lung cancers do not cause any symptoms until they have spread, but some people with early lung cancer do have symptoms. Lung cancers are divided into **small cell lung cancers (SCLC)** and **non-small cell lung cancers (NSCLC)**.

- **Small cell lung cancers** usually grow more quickly and are more likely to spread than non-small cell.
- **Small cell lung cancer** is rarer, occurring in 10-15% of cases.
- It is usually found in smokers, and symptoms include a persistent cough, bloody phlegm, chest pain, and shortness of breath
- **Non-small cell lung cancer** is more common; about 85% of cases.
- Causes and symptoms are the same as small cell.

Diagnosis of Lung Cancer

Most lung cancers are found because they are causing problems. If you have possible signs or symptoms of lung cancer, see your doctor, who will examine you and may order some tests. These include such imaging tests as chest x-ray, CT scan, MRI scan, PET scan, or a bone scan. The doctor might also look at some of your lung cells under a microscope or conduct tests to see if the cancer has spread to the chest.

Treatment of Lung Cancer

Patients with **small cell lung cancer** will probably be treated with chemotherapy if they’re healthy enough. Chemotherapy is the major treatment because by the time this type of lung cancer has been diagnosed it has usually already spread so quickly that other treatments such as surgery or radiation would not reach all areas of the cancer.

Depending on the stage of **non-small cell lung cancer**, surgery can be an option, which provides the best chance for a cure. Surgery may involve removing part or all of an affected lung as well as nearby lymph nodes. Radiation and chemotherapy may be used before or after surgery or instead of surgery.

As researchers have learned more about the changes in non-small cell lung cancer (NSCLC) cells that help them grow, they have developed newer drugs to specifically target these changes. **Targeted drugs** work differently from standard chemotherapy drugs. They sometimes work when chemo drugs don’t, and they often have different (and less severe) side effects. At this time, they are most often used for advanced lung cancers, either along with chemo or by themselves. **Immunotherapy** is the use of medicines to stimulate a person’s own immune system to recognize and destroy cancer cells more effectively. Immunotherapy can be used to treat some forms of non-small cell lung cancer (NSCLC).

Embrace Thanksgiving

By Jeff Hoffman

As I walked through the woods, the cool, crisp air rustled the now colorful leaves, creating a shower of color cascading down around me. There is no doubt that fall has settled in upon the Susquehanna Valley and with it the Thanksgiving holiday. For most of us living in this part of the country, it's a much anticipated respite from the hot summer days and a gentle reminder that in the not-too-distant future winter snows will cover the landscape. It is hard to believe that during this time we're also living to witness one of the most divisive presidential campaigns in modern history. The rhetoric from all corners of the political spectrum has caused serious damage to our national psyche, creating a climate of despair and a loss of hope. A sense that we'll never be able to heal from these self-inflicted wounds.



For many of you reading this, you or your loved one's battle with cancer dredges up the same sense of hopelessness and despair. Perhaps you'll worry about what tomorrow might bring or you are sensing a dark gloomy cloud that seems to follow you everywhere. However, I'm hoping that as we approach the Thanksgiving holiday, I can appeal to the better angels in all of us and ask that we pause to see what is so amazingly awesome about the world we're blessed to live in.

“Enough' is a feast.”

Buddhist Proverb

If you look, you'll see things that offer both promise of a bright future and examples of incredible kindness and compassion. You just need to open your eyes and your heart. I recently spent the day with my seven-year-old grandson. We had a chance to stop at a local bookstore where I purchased a book for him. While we were driving along, he decided to read to me. Even though almost every evening I'll read before calling it a night, something struck me as I listened to that little voice reading his book. I discovered that I had lost my ability to read with emotion. My words seem to all sound similar in my mind as I read – each pronounced with the same monotone expression. But, listening to my grandson, I heard the words of excitement and discovery. Maybe it was the vacillating cadence with which he spoke as he sounded out the “bigger” words or the emphasis he placed on the speaker's voice as he read in the first person. Regardless, his reading intrigued me, pulling me further into the story. Something as simple as hearing the voice of a seven-year made me take pause and reflect on what is good with the world.

Thanksgiving is nothing more than an affirmation of the blessing one has been given. Not all blessings will be counted as the sum of personal possessions. How many times have we heard that things can be replaced but lives are precious? The quality of life is often a reflection of our own attitude. The old adage, “you reap what you sow,” can never be more apt than when it comes to reflecting on one's life. I recall spending time with a cancer patient during his last days. He had been bedridden for several years, his cancer had ravaged his body, and yet through all the pain he smiled. He shared with me that he was blessed to have a loving family and compassionate friends, and for that he was both happy and thankful. I vividly remember watching as his 18-month-old grandchild crawled around on his bed. I knew that caused incredible physical pain yet he doted over the child because, as he would tell me later, she filled his heart with happiness.

Your world might seem in chaos and you might feel you're trapped in a situation with no way out. Sometimes we have to look outside of ourselves to be reminded of the amazing blessings we have. Sometimes we can look inward and find the answers to the happiness we're seeking. Whichever solution works for you, you simply need to take the first step and open yourself up to the wonders that surround you. Listen for the voice of a seven-year-old or watch the leaves sweeping across your lawn. Embrace the hug from a loved one, accept the kind words from a stranger, and be tolerant of those that might not share the same ideas you have. Stepping away from the feelings of hopelessness and despair starts with you recognizing what makes you thankful.



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. Thanks!

Veteran's Day Indoor Picnic

Friday 11/11/16

New Freedom Community Center

Doors Open at 6:00 p.m., Dinner Served at 6:30

Veterans, Seniors, and H.O.P.E. families are free

Holdogs, Door Prizes, Ice Cream, Music, Fun

(\$5.00 Donation at the Door)



Celebrate Cool Weather At Our Fall Dance

Saturday, November 12; 8 —12 p.m

VFW Post 7012—New Freedom

Classic Rock Band—South Paw

\$20/person (Must be 21 years old)

Call 717-578-0120



Get Your Red Hot Ravens Tickets Here!

Raffle for Club Level Tickets to see the Ravens beat the Dolphins.

Sunday, December 4

1 p.m.

Drawing on November 6

\$5.00 each or 5 tickets for \$20.00

Call 717-227-2824



Join us for a Christmas Tea in the Woods on Monday, December 5, at Marty Streett's lovely log cabin.

Seating for this popular event is limited, so call H.O.P.E. soon if you wish to attend (717-227-2824).

"Enjoy life sip by sip, not gulp by gulp. While there's tea, there's hope."



Grief Share Can Help You Through the Holidays

This grief support group is designed to help you rebuild your life after losing a loved one. The group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

Two Groups:

- Thursdays, 7—9 p.m.
- Fridays, 10:30 a.m.—12:30 p.m.

(Through December 15 & 16, except Nov. 25 & 25)

St. John the Baptist Catholic Church
315 N. Constitution Ave.
New Freedom, PA

St. Elizabeth Center (West side, lower level of main church)

- For information contact Judy Newberger, RN
jnewberger@sjbnf.org

How You Can Protect Your "Stuff" in 3 Easy Steps

Free Workshop Monday, November 14, 6:30 p.m.
Historic St. John's Catholic Church (Neumann Hall)

Bellomo & Associates Attorneys at law will present information and answer questions about:

- Wills, Powers of Attorney, and Trusts
- Asset Protection
- Medicaid Qualification
- Estate Taxes

Call 717-235-2156 extension 214 to reserve your seat.

Shopping For the Holidays!

Almost as easy as shopping online (and more personal), pick up a H.O.P.E. cookbook (or four). \$15/book; 4/\$50

These wonderful books contain favorite regional recipes blended with inspirational stories from cancer patients and their families. Highlights include

- Gluten-free recipes
- Coping with chemo-related eating problems, fatigue, depression
- Cancer patient resources and special notes for caregivers



Shopping For the Holidays!

Buy Your Gifts Online at smile.amazon.com and Amazon donates back to H.O.P.E!



To support H.O.P.E. and shop for the holidays or anytime, go to <http://smile.amazon.com/ch/23-2765683>

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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