



February 2018

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

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

It's Pasta Time!



What better way to fight the cold than dinner with friends in a cozy restaurant?

Join us at the New Freedom Restaurant & Coffee Shop and support H.O.P.E.

Monday, February 26
from 4 to 9 p.m.

Enjoy your favorite pasta, sauce, garlic bread, salad and soda or BYOB. And this year, there's lasagna!



Support Group Meeting

Date: Wednesday, February 14
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: To be Announced
Topic: To be Announced

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
H.O.P.E. Scholarship	Pg. 2
Angel Corner	Pg. 2
Beauty Tips	Pg. 3
Scholarships	Pg. 4
Energy Assistance Programs	Pg. 5
What's Happening	Pg. 5

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.

FROM THE EDITOR'S DESK

It's hard to believe that less than six months ago I wrote about the loss of a dear friend, Stan Brown. For 24 years this wonderful man was my close friend and one of H.O.P.E.'s most loyal supporters. He and his wife Nona gave countless hours and countless dollars; no matter what was asked of them they were there. From providing venues for numerous fundraisers, to all the other acts of friendship, these wonderful people were our biggest cheerleaders.

And now it's with equal sadness I have to say goodbye to Nona, Stan's lovely wife and our dear friend. When you thought of Stan you automatically thought of Nona because they were a loving team. Even though you thought of Stan and Nona as one—she was her own woman. She was very active in her community and church. To me, Nona defined what a lady should be. She never had a bad word to say about anyone and her family meant everything to her. With Nona and Stan's passing there will be a void in our community. They will be missed by all who knew them and especially me. - Barb



“Man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.”

- Martin Luther King Jr.

Help Us Save Money!

We have a request of our newsletter readers. H.O.P.E. sends out 1,500 newsletters every month. This is a service we are pleased to offer. Unfortunately, we also get back upwards of 30 newsletters a month that were undeliverable. Not only have we spent postage on sending out the newsletter, but the post office also charges for returning them to us.

Please, if you are changing your address, let us know. Even if it is only temporary. And, should you be aware of any other newsletter recipients whose addresses have changed (family members, friends) we would also very much appreciate that information. Don't forget you can find the newsletter (with color graphics!) on our website hopeforcancerfamilies.org or hopelifeline.org. If you read the newsletters there and wish to discontinue home delivery, please also let us know that. A penny saved....

High School Seniors with a Cancer Connection:



Now Is the Time to Apply for the H.O.P.E. Scholarship.

Any high school senior who has been affected by cancer, either personally or with someone in the **immediate** family, is eligible to apply for a H.O.P.E. scholarship.

To apply, visit the H.O.P.E. website at <http://www.hopelifeline.org> and download an application. If you have trouble downloading the application please call the office at 717-227-2824 and we can email it to you. Or you may stop by the H.O.P.E. office at 150 E. Main Street, New Freedom.

All completed applications must be delivered or mailed to H.O.P.E. at P.O. Box 175, Shrewsbury, PA 17361 **no later than March 15**. No application will be considered after that date.

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

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

“It's the most wonderful time of the year.” We hear that saying a lot at this time of year, though it is not often said by many of our cancer patients. But with the generous outpouring of Christmas treasures for our families from myriad individuals, families, companies, churches, etc., it truly was a wonderful time on Christmas morning for 125 children. We at H.O.P.E. cannot begin to thank everyone who contributed gifts for individuals and even entire families. Many of these gifts were results of mitten trees put up by Ryu Pa Karate, Mason-Dixon Baptist Church, Stewartstown Baptist Church, Stewartstown Presbyterian Church, J & B Grill and Mt. Airy Junction. So to these churches and businesses and all the people who gave so generously, H.O.P.E. bestows special Angel Wings for helping to make this a joyous day for our patients and their families.



“How To Look Your Best When You Feel Your Worst”

Beauty Tips for People With Cancer By Caitlin Kiernan

Journalist Caitlin Kiernan worked hard to become the beauty editor at a prestigious publication. A chubby, red-haired, freckle-faced little girl whose first job after college was editorial assistant with her hometown newspaper, Caitlin eventually worked her way to fashion columnist and eventually found herself rubbing elbows with some of the biggest names in entertainment. Then, at age 42, at the pinnacle of her career, she was diagnosed with breast cancer.

When you're a beauty editor, you're expected to be, well, if not beautiful, at least beautifully put together. So when Caitlin had to attend a New York City event after having gone through several surgeries and two rounds of chemotherapy, she drew upon every beauty tip she knew and turned to some experts in the industry. As she says in her book, “The fact of the matter is beauty treatments are an adjunct therapy to cancer treatments. If you look good, you feel better. If I resembled a hint of my ‘normal self’ it helped me get out of bed and power through the day. They say there are more important things in life than beauty and fashion but I'm here to tell you that they are just as important – if not more so – when you are sick.” No one at the event, aside from a few close colleagues, knew she had cancer, and she was determined to maintain that status.

It was at that moment that Caitlin thought about writing a book about what she knew best – beauty tips. She knew the average patient had no access to what she knew and wanted to pass on her blessings. She says, “I can't give you back your hair, but I can make sure your nails are okay, and your skin is okay. Your hair doesn't seem so overwhelming because you are able to manage other things. Losing your hair is devastating. But when all the other things start piling on: mouth sores, nails start lifting, your skin gets dermic, dry, or chemo acne. All of those things piled on make it seem so overwhelming to get out of bed in the morning.”

“This Stinks”

Caitlin's book is “Pretty Sick: The Beauty Guide for Women With Cancer.” Its two hundred plus pages of information are divided into ten chapters. The first chapter is titled “This Stinks,” and talks about how treatment affects your sense of smell and what to do about it. Her suggestion is to discontinue using your favorite soaps, creams, lotions, cologne, and choose different ones. The reason? You've probably heard that smell is the sense most closely linked with memory, so using products during treatment that you will then stop using once you're better will enable you to avoid unwanted memories triggered by one of those smells. A recommended wait time to resume your favorite products is one to two months after chemo ends. During her treatment Caitlin spoiled herself with products she normally wouldn't buy since she knew they were temporary. Plus, the higher end products had ingredients that could be useful in soothing her ‘ravaged skin.’

On the other hand, scent can improve our mood. The chapter has several pages that talk about the benefits of different fragrances. Orange, grapefruit, lemon, and jasmine can provide a quick pick-me-up and even relieve depressive thoughts. Honey, chocolate, vanilla, and sandalwood have the ability to calm the nerves. Green apple has been found to help control feelings of anxiety during stressful moments and help reduce the pain of headaches, including migraines. Lavender of course is well known for easing both the mind and body, but researchers in Australia also found a chemical released by newly mown grass can improve the mood, as can the scent of pine. One consideration in using scent is applying oils to the skin. Breast cancer is estrogen-positive, and there are some oils that should be avoided because they contain phytoestrogens that can mimic estrogen in the body, enhance the effects of estrogen, or cause symptoms of estrogen depletion – any of which may result in a hormonal imbalance. Three oils are especially known to exaggerate changes in estrogen levels: lavender, rosemary, and tea tree oil.

“Beauty Is Skin Deep”

In Chapter 3 of the book, titled “Beauty Is Skin Deep,” Caitlin goes into more detail about skin care. She gives dozens of recommendations for facial cleansers and moisturizers; body creams, lotions, and oils; sunscreens, and lip balms. And she gives invaluable tips and information. For example, look for sulfate-free cleansers that are gentler on your skin; you might even consider baby wash products. It is imperative that you avoid exposure to the sun when you are undergoing chemotherapy, yet you should also avoid using day cream products that contain SPF. For one thing, the SPF level isn't as effective as sunscreen, and applying SPF directly to the skin can cause irritation. Caitlin recommends replacing day cream with night cream, and looking for mineral sunscreens that contain titanium dioxide and zinc oxide. Other tips she gives include limiting showers to ten minutes and then using water as tepid as you can tolerate, because water strips the skin of its natural oils and leaves it exposed and prone to irritation. She also recommends avoiding taking baths so that you don't run the risk of infecting a small cut as a result of sitting in water that contains dirt, oil, and germs. After bathing pat your body dry with a good, absorbent towel, rather than rubbing dry vigorously (much gentler on the skin), and then applying a moisturizer to your still damp skin to seal in moisture. Finally, consider running a humidifier in your bedroom so that you're getting moisture even while you sleep. According to one of Caitlin's sources, a New York City dermatologist, “You want to do it until it almost fogs up the windows.”

H.O.P.E. has a copy of Caitlin Kiernan's book in the office for patients to sign out. However, it may be worth you while to purchase a copy for yourself; it also extensively covers hair, oral care, nails, and reconstructive surgery. It is easy to understand, funny, and provides information from dozens of experts.

Free Money, Free Money!

(It's College Scholarship Time)

Why college? Let us enumerate the reasons. First and foremost, money. According to the Georgetown University Center on Education and the Workforce, college graduates will earn nearly twice as much money over a lifetime of employment. Those with advanced degrees will earn more than twice as much. And you have a far better chance of getting a job with a college degree: 46 percent of U.S. jobs now require a secondary degree. And then there are the 'intangibles'— job security, retirement plan, insurance, even job satisfaction. Unfortunately, the price of a college degree isn't coming down. But the amount of scholarship opportunities are greater than ever. This is especially true for applicants with cancer in their lives, either their own or a family member. H.O.P.E. of course has been generously providing financial scholarship assistance to deserving high school seniors for 25 years. Below are some other organizations that offer scholarships to students or young adults who have cancer in their lives.

The Ulman Cancer Fund For Young Adults



The Ulman Cancer Fund for Young Adults is committed to helping young adults ages 15-39 continue their education after being affected by cancer through their own diagnosis or the diagnosis of a loved one. Many scholarships offered by UFC share similar applicant criteria. Applicants need only submit one application, which will be considered for any and all scholarships for which the student is eligible.

Applicants must have been between the ages of 15 and 39 during their own diagnosis/treatment or during the diagnosis/treatment of their parent or sibling or spouse.

Scholarship winners will be awarded a total of \$2,500 over two academic semesters. Scholarship funds will be paid directly to the scholarship recipient's school. Each scholarship winner is obligated to organize and run a bone marrow registry drive on their campus with the support of There Goes My Hero.

Over a dozen different scholarships are offered, some with restriction. Application deadline is March 1. Go to www.ulmanfund.org/scholarships for details and application.

PAF Scholarship for Survivors



Sponsored by The Patient Advocate Foundation, the program is dedicated to providing scholarships to students who have suffered, or are suffering, a life threatening disease. Applicants must be under the age of 25, must submit two letters of recommendation, must provide a detailed medical history, and must be enrolled full time at an accredited college or university. Recipients of the scholarship must agree to complete 20 hours of community service for each year the scholarship is awarded. The annual award amount currently stands at \$3000, renewable for each of four years. Application deadline is February 24. Go to <http://www.patientadvocate.org> for details and application.

Beyond the Cure Scholarship

Forty (40) scholarships of \$3,500 are awarded each academic year by the National Children's Cancer Society to childhood cancer survivors who have demonstrated the ability to overcome the challenges of cancer with determination and motivation. Go to www.theccs.org/scholarship/ for details and the application. Deadline is March 31, 2018.

My Hometown Heroes

Young adult cancer survivors between the ages of 17 and 39 who reside in the United States and are enrolled (or plan to enroll) in a community college, university, or trade school are eligible. For more details and the application, go to <http://www.myhometownheroes.org/> and click on "Contact" to locate information and the application itself. Deadline is February 15.



The Sam Fund

The Sam Fund (thesamfund.org) provides financial assistance for young adult cancer survivors. People eligible to apply are U.S. residents who are cancer survivors between the ages of 21 and 39. The Samfund is not only a scholarship assistance program; rather, it "helps young adults move forward towards their personal, professional, and academic goals." The Samfund is looking for young adults who are not receiving financial assistance from any other source and are struggling financially as a result of their cancer treatment. If you have questions about your eligibility you may email these to grants@thesamfund.org or call 617-938-3484. If you are interested in applying for a grant (the average grant is typically in the \$1,500 - \$2,000 range) go to www.thesamfund.org to the Winter 2018 Samfund Grant application. Application deadline is Thursday, February 8, at 5 p.m. EDT.

Free Mammograms for PA Women

Pennsylvania’s Healthy Woman Program has teamed up with Breast Cancer and Cervical Cancer Prevention and Treatment (BCCPT) to offer free mammograms to women who are uninsured or underinsured. For example, a woman with a family of four who has a gross annual household income of \$61,500 or less qualifies for a free mammogram.

And PA is also the first state in the nation to offer free 3D screening mammograms. Women who are insured by Medicare and Pennsylvania Medicaid are also covered for this.



March Mania Indoor Yard Sale!



March 3, 2018
8 a.m.—2 p.m.
New Freedom
Lioness Club

New Freedom Community Center
150 East Main Street
FOOD—BEVERAGES—BAKED GOODS
SOMETHING FOR EVERYONE!

H.O.P.E. will have two tables.
The blood bank bus will be on site so please donate!

H.O.P.E. Has Partnered With Community Aid (Neighbors Helping Neighbors) to Collect Clothing.

We Need Your Clothing, Shoes, Bedding, Curtains, and Drapes.

These Items Will Benefit H.O.P.E. With Every Pound You Donate!

(No Small Appliances or Furniture, Please.)



The Container Is In the H.O.P.E. Parking Lot. Other containers are located in the following locations:

- Stewartstown Presbyterian Church
- Old Mill Shopping Center in Fawn Grove
- Hametown Park
- The “Coop” in New Freedom

Energy Assistance Programs

The Pennsylvania Public Utility Commission offers assistance with heat to people who qualify. Below are some of the programs offered. For details, you can go to the website at www.puc.state.pa.

Budget Billing—All residential customers may contact their electric or natural gas company and request budget billing at any time. Each monthly bill will be the same amount. The company may adjust the bill four times a year, up or down, depending on the customer’s usage.

Customer Assistance Program (CAPS)—Can lower your monthly utility bill and may also remove the amount already owed. The company works with the customer to determine what the customer can pay versus the cost of energy used.

Customer Assistance Referral and Evaluation Program (CARES)—Helps customers with special needs such as family emergencies, divorce, unemployment, or medical emergencies.

Low Income Usage Reduction Program (LIURP)—Helps low-income residential customers lower the amount of electricity or natural gas used each month. This could include the installation of energy-saving features in the home to reduce bills.

Low-Income Home Energy Assistance Program (LIHEAP)—Federal program that provides financial assistance to needy households for home energy bills.

Hardship Funds—Provide payments directly to utility companies on behalf of eligible customers.

Dig Out Those Snow Shovels To Help H.O.P.E.

The white stuff is beautiful but not if you have to go somewhere. And often people don’t have a choice. Every year we put together a “Snow Brigade” to help people who need to get to a doctor’s appointment or treatment.

If you would like to help these cancer patients and their families, please call the H.O.P.E. Office at 717-227-2824.

Escape to the Beach From Cancer!

Justin’s Beach House is a respite home in beautiful Bethany Beach for families with cancer. Justin Jennings lost his life to cancer at age 19, and his family built this beach house in his memory.

Families (and extended families—it sleeps up to 10) can stay there at no cost for 3, 4, or 7 days.



For more information and an application, go online to www.justinjenningsorg.

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."

H.O.P.E.
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