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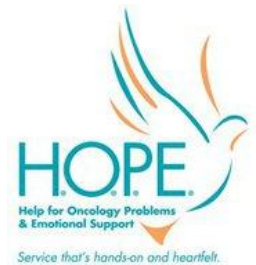
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H.O.P.E.
 P.O. Box 175
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H.O.P.E. LIFELINE



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

Take a Swing at Cancer!
**10th Annual Golf Classic
 Tournament**
Saturday, August 18
Hickory Heights Golf Course
Spring Grove, PA
**Continental Breakfast,
 Lunch, Lots of Prizes**
**Hole-In-One on #17 Wins
 \$5,000 for you/\$5,000 for
 H.O.P.E.**

Call 717-227-2824 for  information.

**Raising HOPE
 Through Art and Music**

*Sunday, August 19, from 1—5
 PM*

*Agriculture & Industrial
 Museum*

217 W. Princess Street, York

*Live music and fine art and
 silent auction donations from
 local artists supports H.O.P.E.*

*Face painting
 Food available for purchase*

*Tickets are available online;
 \$10 plus small fee*

Support Group Meeting

Date: Wednesday, August 8
 Time: 7:00 p.m.
 Location: H.O.P.E. Serenity Room
 Speaker: Marcy Goodfellow
 Topic: Hula Hoop Hoopla

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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 717-227-2824.

FROM THE EDITOR'S DESK

As they say, the dog days are upon us. In the past, August was the last full month of summer vacation. Now many school districts are back in full swing mid-month, and kids are laboring long before Labor Day. With that in mind, please remember the students in our cancer families who would not be able to return to school fully supplied without your assistance. We give each student a packed backpack based on their school's specific requirements, as well as gift cards to buy a new outfit and new shoes. We also provide breakfast food and snacks. Last year we sent more than 70 kids back to school wearing smiles and brand new backpacks (well, we could guarantee the backpacks at least). But we can't do it without your continued assistance. You may send a donation to the office or purchase supplies and drop them off in specially labeled donation boxes at one of three locations: BB&T Bank in New Freedom, Main Street Beauty Works in Shrewsbury, or J & B Restaurant in Shrewsbury. The kids, and equally important, their parents, will be grateful. Thank you.



*"I bet deep down
you still wish
your mom would
take you clothes
shopping
every August for
the new school
year."*

- Bridget Willard,
Worship Leader

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 asstant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!) Thanks!

You might call our August newsletter the 'feel good' issue. This is due to the short item below about the indisputable benefits of small amounts of dark chocolate and the longer article on the next two pages about medical marijuana. The latter is being used by more and more cancer patients to help alleviate treatment side effects and reduce pain. The longer that medical marijuana is legalized the better producers are becoming at fine-tuning dosages and making safe methods of delivery. Even 'big pharma' has realized the benefits of this plant: since 2013, pharmaceutical companies have been making drugs with properties taken directly from the marijuana plant.

ON A POSITIVE NOTE

Good news, chocolate lovers. The most recent and 'unprecedented' study according to researchers shows that certain types offer health benefits for stress levels, inflammation, mood, memory, and immunity. This applies to dark chocolate with a high cacao concentration – minimally 70 percent cacao and 30 percent cane sugar. The unprecedented part of the research is because this was the first time scientists had studied the impact of large amounts of cacao in doses as small as a regular chocolate bar in humans, over short or long periods of time. The studies showed that the higher the concentration of cacao, the more positive the impact on cognition, mood, immunity, and other beneficial effects. The flavonoids in the cacao are extremely potent anti-oxidants and anti-inflammatory agents.

In one study participants were given a 48-gram bar of dark chocolate at the beginning of one experiment and then ate a piece of dark chocolate every two hours they were awake, for several days. Blood tests revealed the chocolate influenced gene activity, increased anti-inflammatory agents, and increased infection-fighting cells. When brain activity was measured by an EEG researchers saw improvement in cognitive function and creativity.

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

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

In 2011 the **Twin Rose Lady Riders** and their president at the time, Dawn Huber, introduced us to the **Mid-Atlantic Women's Motorcycle Rally**, (MAWMR). Since that time we have received \$93,642.72 from this wonderful group of women.



Just picture over 250 women bikers getting together to have fun and raise money for two charities. This was the case for three days in June at MAWMR's 26th annual rally, held the last two years in Front Royal, Virginia. These rallies run the gamut of emotions, from fun and celebration to sharing by participants of personal cancer stories. As in every year since the partnership began, we have had the opportunity to share the stories of H.O.P.E. We have made many friends and ridden in many parades, in vehicles from jeeps to convertibles to the back of a Can-am Spyder motorcycle. These lady bikers have welcomed me into their hearts and lives and introduced me to many others who have also come forward to support H.O.P.E. You can see why they've all earned their Angel Wings.

Medical Marijuana Goes Mainstream

Medical marijuana is legal and available in Pennsylvania. Legislation began in 2016 and the first dispensary was opened in January 2018. Since then 25 or more have opened across the state. Unfortunately a stigma connected to marijuana use remains, and in fact, despite decades of research done all over the world that prove marijuana's multiple benefits, our own federal government still considers it a 'controlled substance' even after its legalization as a medical substance in 31 states.

So let's take a look at why all these medical experts and disparate politicians believe in the use of marijuana. We will limit this study to the realm of cancer, although it is also approved for conditions ranging from autism to glaucoma to Parkinson's to post-traumatic stress disorder. In all, Pennsylvania lists 21 'medical conditions' for which medical marijuana may be used.

According to the National Cancer Institute, studies have been and continue to be done in rats and mice as to the effects of cannabinoids (the compounds found in the marijuana plant) on tumor and cancer cell growth as well as prevention and treatment of specific types of cancer. However, since this research has been limited to 'preclinical' studies and has not been extended to human tests, we will focus only on the effect marijuana has on the myriad side effects of cancer and its treatments.



First, a little basic terminology. Marijuana is the dried buds of the cannabis plant that produce active chemicals called cannabinoids. These compounds cause drug-like effects throughout the body, including the central nervous system and immune system. The main active cannabinoid is delta-9-THC. You're probably familiar with the THC part of that. Another active cannabinoid is cannabidiol (CBD), which may relieve pain and lower inflammation without causing the 'high' of delta-9-THC.

So how does medical marijuana help? Cannabinoids may prevent nerve problems (pain, numbness, tingling, swelling, and muscle weakness) caused by some types of chemotherapy. THC has been shown to reduce pain and nausea as well as stimulate appetite and thus increase food intake. It has also been shown to prevent vomiting caused by certain types of chemotherapy. CBD has been used to relieve pain and lower inflammation and treat anxiety.

Here is a quote from a former colorectal cancer patient posted on the website fightcolorectalcancer.org

"Medical marijuana helped me with everything. I was able keep my food down, my appetite was consistent, nausea was almost eliminated and I was able to laugh with my friends. I'm 2 years post ileostomy takedown and I don't have any cravings or drawbacks from medicinal marijuana. I wish I would've started using medical marijuana from chemo treatment #1" – Kenny Toye, Stage III survivor, Fight CRC Ambassador

There are a number of methods by which cannabis can be ingested. A quick overview comes from Dr. Karen Menkacy, president and CEO of Garden Remedies, a marijuana dispensary in Massachusetts. Dr. Menkacy says her staff generally recommends that "someone with nausea use a vape pen, to get a quick effect from the cannabis, and then, if they need something longer-lasting, take an edible. Inhalation medical marijuana works within a few minutes, and so now their nausea and vomiting is under control. If they want to get a good night's sleep they're going to need to get something that they ingest because it's going to last longer. They won't wake up vomiting in the middle of the night."

Now here's a breakdown of those different methods.

Smoking. Probably the best-known delivery system. The cannabis is either dried and rolled into cigarettes or inhaled from a pipe, or bong. The latter provides a more consistent dosage, but either method involves inhaling very hot air that can be dangerous to your throat and lungs.

Vaporizing. Similar to smoking, but healthier. It releases the chemical compounds in a moist vapor at a lower temperature and can be flavored. It requires a battery-powered device that can be as small as a pen or as large as a tabletop vaporizing device to use at home.

[Continued on next page]

Medical Marijuana Goes Mainstream (cont.)

Edibles. These have come a long way from the original brownies. You can now ingest medical marijuana in cookies, crackers, chocolate bars, even ice cream and lollipops (depending on the dispensary). The advantages to these are the taste and your ability to more carefully manage your dose. Also, the relief they provide typically lasts longer. However, the downside to that is that they take longer to kick in, anywhere from 30 minutes to several hours. Because of this, it's advised to eat a small quantity and wait to see its effect before consuming more so that you don't ingest too much.

Topicals. Lotions, ointments, sprays, and salves provide the benefits of the cannabis without producing a high, and are very effective in providing localized relief of pain. They're designed to be applied to the skin near an area of pain or inflammation and then are absorbed quickly through the skin, and the relief is long lasting.

Tinctures and sprays. These are usually a mixture of cannabinoid extracts and oil, alcohol, or glycerin. They typically come in a small bottle and are absorbed through the mouth. You can easily control your dosage, and there is only a mild taste. One or two milliliters are placed under the tongue with an eye-dropper. They're faster-acting than edibles.

Ingesting fresh cannabis. Marijuana is a plant that can be eaten raw. By ingesting fresh cannabis, you are preserving all of the contents and active ingredients. The best way to consume fresh marijuana is by adding it to juices and smoothies. There is no smoke or heat involved, and the nutrients in the plant are not dried out. A regular dose of fresh marijuana is about 15 leaves and a couple buds, so as you can see this method requires a rather large supply. Also, it is difficult to determine the exact dose of THC and other medicinal compounds using this method.

By this point (if you're still reading) you may be thinking, ok, this sounds like it may be worth a try. So what do I do? The information above came from several different sources: the National Cancer Institute, Marijuana Doctors, High Times, Garden Remedies, Comprehensive Cancer Center, and Fight Colorectal Cancer.

The most important site to turn to now is pa.gov. Then go to the section Pennsylvania Medical Marijuana Program. This government site contains a wealth of information. Probably the most helpful sections are "Learn How to Get Medical Marijuana," "Get a Safe Harbor Letter," "Find a Physician," "Apply For a Medical Marijuana Card," and "Find a Dispensary" (closest are one in Hanover and one in Lancaster).

Another extremely helpful site is <https://www.compassionatecertificationcenters.com/>. It contains more specific information once you decide this is a path you might wish to take. This organization has branches all over the state, and its mission is to "provide patients with the knowledge, guidance, and support to access medical marijuana as an alternative treatment option."

But remember: Just as you would do with any new medication or treatment option, consult your physician or medical team before you consider trying any form of medical marijuana. And then do it only under your doctor's directions.



"Connection with gardens, even small ones, even potted plants, can become windows to the inner life. The simple act of stopping and looking at the beauty around us can be prayer."

- Patricia R.

Mary's Place by the Sea

"Write troubles in sand and blessings in stone." - a sign on the wall in Mary's Place

Women with cancer can never totally escape their disease, but if they're lucky they can take a vacation from it for a few days. This is the idea behind this New Jersey beach getaway, created by cancer survivor Michele Gannon and her friend Maria McKeon.

The three-story, 10-bedroom Victorian house with wraparound porches and a spa offers a respite to women battling cancer. In addition to benefiting from their proximity to the healing qualities of the ocean and beach, guests may also enjoy yoga, meditation, Reiki, massages, and nutritional information. Guests are invited to stay for just a day or a long weekend.

For more information go to www.marysplacebythesea.org. Here you can read details about the house and all the services it offers. You can even sign up to spend a day or weekend.



Shrimp and Bull Roast

Saturday, October 6

7—11 p.m.

Jarrettsville Gardens, Jarrettsville Fire Hall

All You Can Eat Buffet

Shrimp, Pit Beef, Pit Turkey, Sides

Beer and Wine



Silent Auction * Door Prizes * DJ and Dancing

Tickets \$40

Special—Purchase 9 tickets before September 14, get 1 free and a reserved table. 717-227-2824

Save the Date!

Ride for H.O.P.E. With the Twin Rose Lady Riders

Charity Ride With AMA Points

(2, 3, or 4 Wheels!)

Sunday, October 7

10—1:30

York Motorcycle Club



2333 Whiteford Road (next to the Galleria Mall)

For Information, contact Dawn, 717-471-7026, dmhtrlr@comcast.net

Markets at Shrewsbury Helps H.O.P.E.

Saturday, September 15 – Visit us on the front porch!

All yard sale rental space fees are donated to H.O.P.E. for that day.



Basket BINGO!!!!

Sunday, November 4

New Freedom Community Building

Doors open at 12:30; Games begin at 2.

Refreshments for sale by Tasteful Occasions.

Tickets \$15 before November 3; \$18 at the door.

25 games, 5 secret games, 1 thank-you game.

Call 717-227-2824.

Annual Craft & Vendor Show

Saturday, October 20

8:30 a.m.—2 p.m.

New Freedom Community Building

50+ Crafters and Vendors

Lots of Holiday Gifts!

Tasteful Occasions Fantastic Food

Admission: 2 Cans of Food for the Food Pantry

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)
For more information
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."

RETURN SERVICE REQUESTED

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