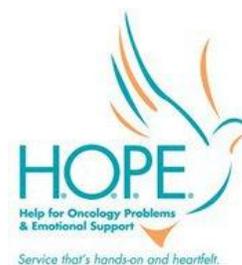


H.O.P.E. LIFELINE



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

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

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

BINGO! at the door.

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

Call 717-227-2824.

Christmas is Coming....!

In a little more than a month
H.O.P.E. will be celebrating
Christmas at our new party
site:

Stewartstown Presbyterian
Church, 14 College Avenue

Sunday, December 2
2 – 4 p.m.

Food ~ Music ~ Entertain-
ment ~ Santa!



Support Group Meeting

Date: Wednesday, November 14

Time: 7:00 p.m.

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

Speaker: Group Sharing

Topic: Giving Thanks

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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

"Consider the postage stamp. Its usefulness consists in the ability to stick to one thing till it gets there."

November is the month we associate with giving thanks, and H.O.P.E. is giving special thanks this year for the realization of its retreat from cancer, The HOPE Haven. After 24 years of dreaming, and planning, and working, and working, and working some more, Barb has found the getaway that she and her friend Jeanette dreamed of when they first began H.O.P.E. together. For those familiar with Barb's story, they know that she lost her dear friend to cancer and that she promised her she would continue their work for cancer patients and families and provide them with a place where they could temporarily escape some of the stresses associated with the disease. Well, this part of the journey is finally over. In spring of 2019 a beautiful home will be opened up to patients who are in need of a respite. See page 4 of this newsletter for more details and photos. Barb's determination and persistence remind one of that postage stamp at the top of the page.



*"Gratitude is
riches.
Complaint is
poverty."*

- Doris Day

MORE REASONS TO BE THANKFUL

Look around our community and you can find many organizations that are reaching out to those in need. Here are some **food services** that are available:

- Lord's Lunch. Free lunch each Saturday, 11:30 a.m. to 1:00 p.m. St. John Lutheran Church, 175 E. Main Street, New Freedom, 717-235-2315.
- Harvest of Hope Food Pantry. 7785 Wolfs Church Road, York, PA. 717-792-6070.
- York County Food Bank. 254 Princess Street, York, PA. 717-846-6435. Food every Friday 12-2 p.m. Photo ID required.

Here are two **clothing services**:

- Clothing Bank: Free clothing, shoes, blankets, etc. Wednesday, 10-11 a.m.; Saturday, 9-11 a.m. St. John the Baptist Outreach Program, 315 Constitution Ave., New Freedom. 717-235-2156
- Grace Fellowship Church Community Closet. Monday, 10 a.m.—2 p.m.; Wednesday, 3—8 p.m. 74 E. Forrest Avenue, Shrewsbury. 717-235-8390.

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

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



October was one busy month for H.O.P.E., with the Bull Roast, the Ride for HOPE, and the Vendor Show all taking place.

We want to thank everyone who donated wonderful items to the **Bull Roast** silent auction. Due to your generosity we were able to raise over \$6,000. Thank you once again to **Chris Wagman** who donated his time and talent to serve as our D.J. and keep the party going strong. Thanks also to all our **volunteers** who helped put it all together.

Gratitude goes out to the **Twin Rose Lady Riders** who had a **poker run** to benefit H.O.P.E. Their day of fun ended with \$5,725 to help us. Have you noticed we seem to thank them in almost every issue of the newsletter? What would we do without this awesome group of women?

The weather was perfect for our annual **Craft and Vendor Show**. A bit blustery and cool—good Christmas shopping weather. Our profit of over \$3,000 is largely due to **Barb Spurlock** and **Carol Nelson**, whose hard work in making all the arrangements led to a fun day for vendors and shoppers.

Here's a great event name: "Pound and Pour to Support the Boobies." Would you believe that was held at a yoga studio? The pounding came from the drumming during a cardio session, and the pouring came afterward at a drinks and snacks reception. Thank you **Artemis—The Art of Living** studio for raising \$2,310 for H.O.P.E.

Without our fundraisers we wouldn't be able to begin to provide all the services we do. We're forever grateful to those who give their time, energy, and love to support our mission. They have truly earned their Angel Wings.

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!

There's Nothing to be Thankful For About Lung Cancer

Lung cancer is the second most common cancer (behind skin cancer) in both men and women in the United States and the leading cause of death worldwide. It causes more deaths than any other type of cancer. It is most often diagnosed in people ages 65 to 74.

It starts in the tissues of the lungs or the cells that line the bronchi, the tubes that move air into and out of the lungs. There are two main types: small cell, and non-small cell. Both are treated differently. Small cell lung cancer (SCLC) is an aggressive form of lung cancer that typically starts in the bronchi and spreads very quickly to other parts of the body. About 10 to 15 percent of all lung cancers are SCLC. It is rare for someone who has never smoked to get SCLC. Non-small cell lung cancer (NSCLC) is more common, found in about 85 percent of patients. There are three main forms of NSCLC: squamous cell carcinoma, large cell carcinoma, and adenocarcinoma.

About 90 percent of lung cancer cases are linked to cigarettes or smoking. 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. Secondhand smoke is another cause. (If you live with a smoker your risk of developing lung cancer increases 24%.) The second leading cause of lung cancer is exposure to radon gas, with about 10 percent of all cases. Radon is a natural, invisible gas that moves up through the ground and can get into a building through cracks and holes in its foundation and then becomes trapped. It is detectable with a kit that can be purchased at any hardware store as well as online. Other risk factors for lung cancer include inherited genes or gene mutations, exposure to asbestos and air pollution, and radiation to the chest area for some people.

Symptoms of Lung Cancer

Lung cancer symptoms vary from person to person and may not be obvious, and sometimes symptoms don't appear or aren't addressed until the cancer has advanced to a stage where it's difficult to effectively treat. Often people mistake early symptoms of lung cancer for other problems. In people who smoke, coughing may be dismissed as normal. Following are some common symptoms of lung cancer:

- Coughing (persistent, with a hacking or raspy sound)
- Pain in the chest, back, or shoulders (due to coughing)
- Bloody phlegm
- Shortness of breath
- Wheezing
- Chest pain
- Fatigue
- Pneumonia or bronchitis
- Hoarseness or voice changes
- Difficulty swallowing
- Excess fluid in the lining of the lung or heart
- Weight loss or loss of appetite

People who are experiencing any of these symptoms that are unusual to them should see a doctor. This is especially important for smokers, even those who have quit. For some people with an extensive smoking history doctors recommend a yearly CT (computed tomography) scan to check for lung cancer. A major study called the National Lung Screening Trial examined more than 50,000 people ages 55 to 74 who were longtime heavy smokers and found that people who underwent low-dose CT had a 15 to 20 percent reduced risk of dying from lung cancer than those who received chest x-rays.

Developments in Lung Cancer Treatment

Targeted Therapies

In the past, the main drug treatments for lung cancer were all standard chemotherapy drugs. None of them had a very high success rate in lengthening the lives of lung cancer patients. But in the past 13 years a number of targeted therapies have been identified. These are drugs or other substances designed to block the growth and spread of cancer by preventing cancer cells from dividing or by destroying them directly. While standard chemotherapy affects all cells in the body, targeted therapy directs drugs to attack cancer cells. An estimated 20 to 25 percent of people have a genomic change for which medicine has a targeted therapy. Common targeted therapy drugs used to treat some non-small cell lung cancers include Iressa, Xalkori, and Tarceva.

Immunotherapy

Immunotherapy 'unmasks' cancer cells that are hiding from the immune system, allowing the immune system to 'see' and attack the cells. Four immunotherapy drugs, known as checkpoint inhibitors, are now approved for use in lung cancer. Pembrolizumab (Keytruda), nivolumab (Opvivo), and atezolizumab (TECENTRIQ) are approved for patients with lung cancer that has metastasized beyond the lungs to other organs. Keytruda is also approved for use in combination with chemotherapy as a first-line treatment for metastatic non-small cell lung cancer. Most recently, durvalumab (IMFINZI) was approved this past February for patients with stage III non-small cell lung cancer that is inoperable, but has also not become worse following chemotherapy and radiation. So far, 10 to 20 percent of lung cancer patients treated with immunotherapy go three to five years without their cancer recurring.

Introducing The HOPE Haven

The history of H.O.P.E. begins with two friends, Barb Titanish and Jeanette Cartwright, who had a dream of making the cancer journey an easier one. H.O.P.E. has been providing heartfelt and hands-on assistance to patients with cancer and their families since 1994. But the ultimate dream of the foundation was always to help the patients and their loved ones to have a “vacation from cancer.” A place where they could go to enjoy one another’s company, relax, and forget the stress of their diagnosis. That dream is finally becoming a reality at The H.O.P.E. Haven.

It hasn’t been an easy journey, but then nothing about cancer is ever easy. Many times well-meaning friends advised Barb to reconsider this dream. But she had made a promise to her dear friend, whose family owned a cabin in the mountains that she used as her own cancer retreat. Barb and Jeanette spent many hours there together, and it never failed to soothe them both. Jeanette made Barb promise her that she would recreate this haven from cancer for H.O.P.E.’s patients and their families, and the dream is finally becoming a reality.

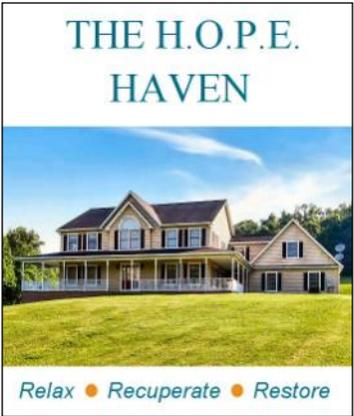


“Ambition is the path to success. Persistence is the vehicle you arrive in.”

- Bill Bradley

*...Imagine a place where cancer patients and their families can visit when the daily challenges of a cancer diagnosis become too much...
...A residence tucked between a forest and the rolling farmland of South-Central Pennsylvania...
...A retreat of peace and solitude, shaded walking paths, colorful gardens, and an enchanting main house for rest and relaxation.*

This is The H.O.P.E. Haven.



The vision of the “vacation from cancer” will continue to grow. Future plans for the property include walking trails, a pergola nestled in the woods overlooking the property, a playground for our families, a tranquility garden with a water feature, and a fire pit.

While staying at The H.O.P.E. Haven, our guests will enjoy the tranquility of nature at this beautiful home nestled in the woods of southern York County Pennsylvania. The Haven is located on 18 acres of land and can host up to 10 guests at a time. A five-bedroom, four and a half-bathroom modern farmhouse with an in-ground pool, a gorgeous open-plan French country kitchen, large dining room and living room to enjoy time as a family, a game room and craft room for entertainment, and beautiful private sleeping quarters to enjoy relaxation time, The Haven has something for everyone.

Guests will be provided with meals and linens. A variety of other services can be made available during their stay but must be prearranged. These include counseling service, spiritual guidance, massage, reiki, and acupuncture.

While there will be a nominal fee to be a guest of The H.O.P.E. Haven, we also have sponsored stays. We do require our guests to provide a security deposit for their stay.



An Unexpected Reason to be Thankful...

Olympic and World Championship figure skater Scott Hamilton has dealt with multiple diagnoses of cancer. Testicular cancer in 1997 ended his career, and then seven years later he got his first brain tumor. This was followed by a second one in 2010 and a third in 2016. How could anyone find gratitude in this medical history? And yet, here is what he wrote in his autobiography “Finish First: Winning Changes Everything”:

“There is a moment after a cancer diagnosis where most people are enveloped in extreme fear. Then, with most cancer survivors I have spoken with, there is this awakening that comes unexpectedly. You almost instantly become more courageous, powerful, focused, and alive than you’ve ever been. You stand up to fight back this disease with a strength you never anticipated. I am grateful for my cancer, because I now know the value and gratitude of being alive. It changed the course of my life for the better, and I will always remember my cancer as a fork in the road that took me to where I am today.”

Veteran’s Day Event



Sunday, November 11

New Freedom Community Center
150 E. Main Street

6—9 p.m.

Hot dogs, Pizza, Wings, Desserts, Etc.

Music, Door Prizes, and Lots of Fun!

Free for veterans, their families, seniors, families of H.O.P.E., and all those who serve our community.



Rada Cutlery!

Just in time for Christmas presents, and you can benefit H.O.P.E. as well.

Knives and other kitchen utensils.

Made in the U.S.A.

We have brochures so stop by the office and shop for some great merchandise for a good cause.

Christmas Tea at The HOPE Haven

Tuesday, December 4

Noon



Seating is limited, and cancer patients receive priority.

Others are on a first-come, first-served basis.

Call the office to reserve a seat and get directions.
(717-227-2824)

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



Help Us Help Our Cancer Families at Christmas

During this tumultuous time in their lives, Christmas can be a struggle for parents in a cancer family. Whether it’s the parent or a child who is the patient, the hustle and bustle of the season can be overwhelming.

That is why H.O.P.E. provides gifts for all the members of its cancer families. In order to help these hundred-plus people, we need help. Gift cards are especially welcome, from Amazon, iTunes, restaurants, grocery stores, anywhere, really.

If you’d like to help our cancer families have a ‘normal’ Christmas, drop a gift by the office or call to let us know you’re coming. Thank you.



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."

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H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 227-2824
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