



H.O.P.E.  
**Executive Director**  
 Barb Titanish  
**Assistant Director**  
 Carol Nelson  
**Board of Directors**

Doug Burns—Chair  
 Buddy Hart—Vice Chair  
 Cheryl Schroeder—Secretary  
 Jack Tillett—Treasurer  
 Sue Holtzinger  
 Melissa McDade  
 Sally Miller  
 Deb Peters  
 Robin Robinson  
 Barbara Spurlock  
 Katie Smith  
 Kate Tillett

**H.O.P.E. Lifeline  
 Production Volunteers**

Jean Lillquist—Editor  
 Carol Slaven—Managing Editor  
 Jo Huber  
 Linda Johnson  
 Kay Joy  
 Jeannette Keech  
 Mae Liggitt  
 Cindy Moran  
 Lynn Snook  
 Marty Streett  
 Rita Stephenson  
 Linda Topper

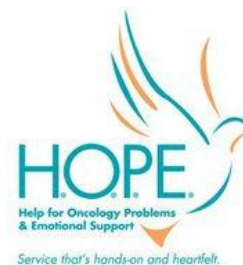
H.O.P.E.  
 P.O. Box 175  
 Shrewsbury, PA 17361

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

## A Holiday Poem

By Bonnie Kramer

*Hannukah and Christmas are times that cause us to reflect  
 On family, friends, and traditions that we all come to expect.*

*Though we have been confronted with some unexpected situations,  
 Experience gives us wisdom and courage to handle complications.*

*No need to purchase lots of presents—a warm holiday greeting will suffice,  
 And, if you happen to be so inclined, a smile and a hug are always nice.*

*While reviewing times gone by and making plans for each new day,  
 Look ahead with open minds and hearts, accepting come what may.*

*In the meantime, have a little eggnog and toast the old year out.  
 Enjoy the holidays with joy and love—that's what it is all about.*

### Celebrate With Us at Our Annual Christmas Party!



**Sunday, December 2  
 2–4 p.m.**

**Stewartstown Presbyterian Church**

**14 College Avenue**

**Food \* Music \* Santa \* Entertainment**

**(No Support Group this month.)**

### INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Help From the Community	Pg. 2
Angel Corner	Pg. 2
H.O.P.E.'s Wish List	Pg. 3
"Mission of Love"	Pg. 4
News About Cancer	Pg. 5
What's Happening	Pg. 5

## FROM THE EDITOR'S DESK

"It was the best of times, it was the worst of times," is the well-known opening of "A Tale of Two Cities." This description can also apply to cancer patients and their families when the holiday season kicks in. It's hard to get caught up in the Christmas spirit when there's so much pain and uncertainty in their lives. Although we haven't found any cures for cancer yet, we try to do whatever else we can to help lighten the load a tiny bit for our families. If you're reading this newsletter chances are you've been helped by H.O.P.E. and you appreciate our mission. And if you're reading this newsletter chances are you have helped H.O.P.E. in some way, either through a donation or attending one of our events or being a volunteer or just spreading the word about our organization. You know we're there for you, and we know you're there for us.



*What do you  
call people who  
are afraid of  
Santa Claus?*

*Claustrophobic*

As I write this in my corner of the office, Head Elf Marty and her team of dedicated helpers have turned the Serenity Room into Santa's workshop. They are organizing and wrapping hundreds of Christmas gifts, something possible only because of the generosity of many individuals and organizations. Families adopt families, churches and retail stores put up mitten trees with gift requests, organizations provide for multiple families. If you'd still like to help give these kids and their families a special Christmas, you can pick a child from a mitten tree. These trees can be found at Mt. Airy Junction, J & B Restaurant, Ryu Pa Karate, Mason Dixon Baptist Church, Stewartstown Baptist Church, and Stewartstown Presbyterian Church. At Kimmy's Café in Fawn Grove you can pluck a little Christmas envelope from a tree and fill it with a gift card. After you purchase and wrap your gift, tape your mitten to it and return it to the source of the mitten. That goes for Kimmy's gift cards too. (Those don't need to be wrapped.)

This year H.O.P.E. has a "Christmas list." As you know, after 25 years, Barb found her haven from cancer. The five-bedroom, four and a half bathroom farmhouse on 18 acres of rolling farmland is ready to be furnished. In order to provide the escape from cancer Barb and Jeanette envisioned, we're asking for your help. You'll find our wish list on the next page. (Of course everything is for our families in the long run.)

In keeping with the holiday spirit of giving and giving back, we've included a first-person piece written by a cancer survivor. Heidi isn't a former H.O.P.E. patient, but that's probably because she lives in New York. Still, she has a story that many can relate to, and it's one that has a happy ending.

---

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

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

We would like to thank Chris Waltemeyer and Tanya Markel for all their hard work organizing the **Fall Bingo**. And we would like to thank their very many helpers. As you may know, Longaberger baskets are no more. And yet our baskets were all Longaberger. This was due to Chris and others who donated brand new baskets to us. Thank you for your sacrifices! These baskets don't fill themselves. We thank all the organizations and individuals who donated brand new items. We also thank Sue Holtzinger, Regina Jordan, Mae Liggett, Barb Zimmerman, Harry Bubb Insurance, Gordon's Body Shop, the Whistle Stop, and Cancer Care Associates of York for their monetary donations.



As is the case for every H.O.P.E. event, the volunteers are the backbone. We thank our office crew for taking the many disparate items and assembling them into lovely thematic baskets. We thank our on-call bakers who provided the delicious variety of desserts. And of course we thank Tasteful Occasions for their mouth-watering mashed potato bowls (a fan favorite) and their other great food.

**Less-Stress Christmas Tip: Big is not always better. Gift cards are loved by all, and you can 'dress them up' in a little stocking with candy or gum or other popular items.**

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

## ***The Retreat Dream Will be Realized, And Now We Need Your Help***

We have all watched with tears in our eyes as a neighbor has reached out to help another in need. We as part of the H.O.P.E. family have been blessed through the kindness and generosity of others to share the cancer journey financially, spiritually, and materially with hundreds through the twenty plus years we have had our door open. The last step to fulfill the H.O.P.E. dream—THE RETREAT—has become a reality. A new door is about to be opened—but we need your help. For this beautiful facility to become fully functional, many items need to be purchased and much hard work needs to be put forth before the first patient spends one night basking in the joy of “The Home Away From Cancer.”

As you may recall from our introduction and photographs in November’s newsletter, the retreat is a spacious modern farmhouse surrounded by 18 acres of farmland and trees. It includes an in-ground pool, a game room, a craft room, and private sleeping quarters. A maximum of 10 guests may stay at one time. Guests will be provided with meals and linens, and of course they will have access to all the amenities. And here’s where we are reaching out to you. Since we’re furnishing the retreat from ‘scratch’ with brand new everything, we’re looking for items ranging from coffee makers to gardening tools.

### ***Items for the House***

- 4 small coffee makers
- 5 dormitory-sized refrigerators
- 3 wall-mounted hair dryers
- 5 small microwave ovens
- 6 clock radios
- 3 sweepers
- 1 steam cleaner
- 3 portable fire escape ladders
- 4 ironing boards
- 4 irons
- 6 flashlights
- 1 ice machine
- 1 freezer



### ***Items for Outside and Recreation***

- 3 or 4 sets of gardening tools
- 4 snow shovels
- Pool toys
- Beach towels
- Decks of cards
- Card games
- New board games
- New jigsaw puzzles
- Corn hole sets
- Volleyballs
- Basketballs
- Kites

All the items above and more are listed on our webpage ([www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org)) where you will see a tab at the top that says HOPE Haven Wish List. Click on this and at the bottom of the next page you’ll see a photo of our house that you can click on that will take you to our wished for items. If you see something you’d like to donate to us, simply click on that item and it will be sent directly to us. Once you’ve made your purchase we will know that item is no longer needed. Your purchase may be done anonymously, but if you’d like to leave us a message you may, and we will respond with gratitude. (This will also work for tax deduction purposes.) If you are computer-shopper challenged like Barb, please be sure to let us know if you have purchased any item so that we can have it removed from the registry. If you have any questions or can think of something we’ve overlooked, please call us at the office (717-227-2824). Your kindness is greatly appreciated by H.O.P.E. and all the current and future families who will be enjoying a respite from cancer worries at the retreat.



***Less-Stress Christmas Tip: Don’t feel like cooking? Don’t! If you’re going through chemo or are just overwhelmed and can’t face the prospect of preparing a traditional feast, you can order a complete dinner from any of your local grocery stores and then heat it up. And if you’re around here, Tasteful Occasions will provide you with a tasty dinner (and maybe even include mashed potato bowls!).***

## Mission of Love

By Heidi Lynn Blatt-Poakeart

There is a line at which the sky and earth appear to meet, known as the horizon. When something deep and magical happens within us and we find that one moment of clarity that is reminiscent of sky and earth uniting, that is purpose...

In 1989, at the age of eighteen, I was diagnosed with Hodgkin's Lymphoma. I had just graduated from high school and this was certainly not how I had anticipated my foreseen future. After many invasive biopsies and tests, major surgery, and four months of grueling radiation treatments, my battle was over, I was cancer free, and I emerged a new person.

Cancer changed me. It gave me an entirely new perspective on life. It made me appreciate the world around me in ways I never knew imaginable. I became a spiritual human being. The small stuff didn't matter anymore, and nothing or no one was ever taken for granted again.

The cancer was gone, but it would always be a part of me. I went about my life, became a certified medical assistant, got married, and moved to New York. When I reached my 20 year "cancerversary" I wanted to do something special... no, I wanted to do something **spectacular**, something with true meaning. Having had a soft spot in my heart for St. Jude Children's Hospital and donating to them for many years, I knew what I was going to do, go there in person. This would be a dream come true, and one I would not take lightly.

And so, the planning of what I called my "Mission of Love" had begun. I sent a letter to my family and friends explaining my undertaking to travel to St. Jude, bring a monetary and toy donation, and meet some of the children. The responses were overwhelming and I received the kindest letters with donations and raised \$4,000. I arranged with the hospital to have a T-shirt painting activity with some of the children, and after only a couple of months, my husband and I were all set to go to Memphis, TN, to celebrate this special occasion.

Arriving at the front gates was the most unbelievable feeling. There was an oversized statue of St. Jude and the grounds were simply beautiful. We dropped off the \$1,000 in toys donation first and then made our way to the main campus. We painted T-shirts with ten of the children who felt well enough to participate, and let each of them choose a toy afterwards. Lastly, we had a tour of the hospital. Everyone there was so genuinely kind. Not only were we in the South, but it was St. Jude's, after all! It was surreal being there, and I felt so humbled. After the painting activity was over, we said our thanks and goodbyes and presented a check for \$3,000, for which they were beyond grateful.

And so our mission was complete. We got into the car and began pulling out of the parking lot, and as I turned my head to look back at the statue of St. Jude, an overpowering feeling came over me. It came from deep inside, a place that hadn't been quite whole until now. The lessons I had learned along the way, the experiences I had lived through, and the simple pureness and appreciation for life all had helped me understand that I was meant to do something to show my gratitude... something that would complete me, and that day, it did.

*"Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."* -Danny Thomas, founder of St Jude Children's Research Hospital

**Less-Stress Christmas Tip: Just buy for one. Try a Secret Santa with family and friends. Purchasing one present affords you the luxury of getting that special gift.**



*"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who most need it."*

- Ruth Stapleton Carter



## News From Around the Cancer World

### Great News for Middle-Agers

The FDA has approved an HPV vaccine for men and women ages 27 – 45. The vaccine works against the human papillomavirus, HPV, which can cause cervical cancer in women as well as genital warts and cancers of the vulva, anus, penis, and parts of the throat. The virus has many strains. It is sexually transmitted and most adults encounter at least one strain at some point in their lives. The vaccine, Gardasil 9, protects against nine strains, including those most likely to cause cancers and genital warts.

Because the original vaccine does not work against a particular strain of the HPV virus that a person has been exposed to, doctors recommended its use among young people before they became sexually active. However they learned through studies that even someone who has already been exposed to a few strains can still gain protection against the strains they have not encountered. Tumors affecting part of the throat – called oropharyngeal cancer – caused by HPV are rising, particularly in men, and the vaccine is believed to protect them.

### An Aspirin a Day? – It’s Complicated

To help ward off heart attack and stroke, many older people take a baby aspirin every day. But for those who are healthy, a daily dose may do more harm than good. A large clinical trial found that taking low-dose aspirin every day failed to reduce the risk of heart disease, physical disability, and dementia in healthy older men and women. In addition, regular aspirin use was linked with a significant risk of bleeding, particularly in the gastrointestinal tract and brain. Of course people for whom doctors have prescribed aspirin should continue to follow their doctors’ instructions.

These results were from a study published in The New England Journal of Medicine involving over 19,000 participants in the United States and Australia who were age 70 and older. Half were given 100 milligrams of aspirin a day and the other half received a placebo. At the study’s start all participants were free of dementia, physical disability, and medical conditions that would require aspirin use. After 4.7 years researchers observed that the rate of patient survival without dementia or disability was about the same in each group.

Here’s where it gets complicated. The overall death rate in the aspirin group was slightly higher (5.9 percent versus 5.2 percent in the placebo group), and most of the deaths in the aspirin group were due to cancer. Scientists are investigating this. However, another study that followed 200,000 women for four years found that women who took 100 milligrams or less of aspirin had a 23 percent reduced risk for ovarian cancer compared with those who did not. Confused? Consult with your doctor before you make any changes in medications.

**Less-Stress Christmas Tip: Put others to work in the kitchen. Instead of trying to prepare a dinner to impress everyone, have a potluck dinner. This is a chance for others to give to you.**



**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. (See Editor’s Desk for more details.)*

*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  
2<sup>nd</sup> Wednesday of every month at 7pm  
H.O.P.E.'s Serenity Room in the New Freedom Community Center  
150 East Main Street, 2<sup>nd</sup> 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."*

Nonprofit Org  
U.S. Postage Paid  
Permit No. 61  
Shrewsbury, PA 17361

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