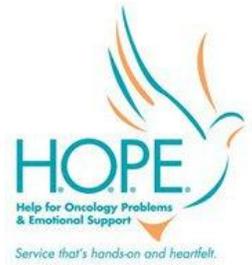




2019

# H.O.P.E. LIFELINE



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## 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.

**Raising HOPE  
Through Art and Music**

**Sunday, August 18  
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.*

**Take a Swing at Cancer!  
11th Annual Golf Classic  
Tournament**

**Saturday, August 24**

**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.**

## Support Group Meeting

Date: Wednesday, August 14

Time: 6:30 p.m.

Location: For August only, meeting will be at a different location. If you are interested, please call the office for directions and more details.

## INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
Alternative Treatments for Pain	Pg. 3
The Samfund	Pg. 4
Safer Summer Grilling	Pg. 5
What's Happening and Resources	Pg. 5

## FROM THE EDITOR'S DESK

July saw continued progress on the H.O.P.E. Haven. Those Kinsley guys and their assistants are right up there with the saints for working in all that sun and heat. No grand opening date as of yet, but it won't be too long now. If you would like to be a part of this escape from cancer for patients and their families, there is still time to buy a brick (see below) or purchase an item from our wish list. You can find that by going to our website at [www.hopelifeline.org](http://www.hopelifeline.org). In order to get our "Occupancy Permit" we must have our paver sidewalks in place. (Hint. Hint.) Our first priority is our cancer patients and that's where our resources first go, so any donations toward the Haven are more than appreciated.

July was a 'down month' for us, and that was probably a good thing, so you could try to stay indoors and beat the heat. But August and September, and October, and beyond, have some of our favorite events. Make sure you check the listings of them on page 5. If you haven't signed up to play golf there are still a few spots, and tickets are already being purchased for the Bull Roast so don't wait until the last minute to get yours.

This month's support group meeting will be held in a different location. Be sure to call the office for information.



*"We shall draw from the heart of suffering itself the means of inspiration and survival.*

- Winston Churchill

# Buy A Brick

Brick Sizes	
4 x 8 \$100	8 x 8 \$250
12 x 12 \$1000	24 x 24 \$2500

**PLEASE VISIT**  
**WWW.HOPELIFELINE.ORG/BUYABRICK**

TO DOWNLOAD YOUR APPLICATION  
OR ORDER ONLINE VIA PAYPAL

Engraved commemorative bricks  
will be laid around our  
"Vacation from Cancer Retreat"

For more information  
Call the office 717-227-2824 or  
[assistant@hopeforcancerfamilies.org](mailto:assistant@hopeforcancerfamilies.org)

**Help**  
**H.O.P.E.**  
*Support*  
**H.O.P.E. Haven**

**Deadline December 31, 2019**

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

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

I am not even sure when **Barb Heston** and I met but we have more in common than our names.

Barb Heston has always been a supporter of H.O.P.E., but in the last few years her commitment has been unbelievable. She is always donating gift cards from Heston's Nursery for us to use for fundraisers and just recently she called me to come to the green house because she had a surprise for me. Upon arriving I discovered six, large beautiful planters that she had planted and were ready to go the HOPE Haven. Last week, I reached out to her to get advice on planting an area at the Haven and she jumped right in designing and even donating plants. She truly is one of my Angels!



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

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# Alternative Treatments For Pain

Not only is cancer a pain, but it causes pain. Physical pain. When cancer grows and harms tissue nearby, it causes pain in those areas. It releases chemicals that irritate the area around the tumor. As tumors grow, they may put stress on bones, nerves, and organs around them. Cancer-related tests, treatments, and surgery can also cause aches and discomfort.

Medicines for pain fall into two main categories:

**Over-the-counter and prescription.** These are taken for mild pain, fever, or swelling. Common ones are acetaminophen and NSAIDs (non-steroidal anti-inflammatories which include aspirin, ibuprofen, and naproxen). Large doses of acetaminophen over long periods of time may lead to liver or kidney damage. Side effects from NSAIDs can include stomach problems and ulcers, especially if you drink alcohol or smoke. Over the long run they may raise your risk of heart attack or stroke.

**Opioids.** These are prescribed for moderate to severe pain. Examples include fentanyl, methadone, morphine, hydromorphone (Dilaudid), and oxycodone (Oxycontin). They may be given by mouth, in pill, or in liquid form, or even by means of suppository, skin patch, or IV. Common side effects of these include constipation, drowsiness, upset stomach, nausea, or vomiting.

**Other prescription medications** can include anti-seizure medicines that can relieve the tingling and burning of nerve pain, antidepressants that are also used to treat nerve pain, and steroids, which reduce inflammation and are used for spinal cord, brain tumor, and bone pain.

Medication side effects, fear of addiction, and the development of tolerance can weigh down on patients. Here is where nonpharmacologic (alternative) ways to cope with pain may help.

**Mindfulness-based stress reduction (MBSR).** This is a formal, eight-week program that is in over 250 hospitals around the country and helps people with stress, anxiety, depression, and chronic pain. It teaches the patient to focus on one thing in the moment. A formal, hospital setting is not required; people can undertake the program at home through a workbook and CD that can be purchased. (Available on Amazon.)

**Guided imagery.** This is a process of relaxed-focused concentration that promotes relaxation. By focusing on memories, dreams, or fantasies, a person can refocus attention away from a stressful situation to a new image. This technique is not to be used instead of pain medication, but rather with it. Here are suggestions offered by the Dana-Farber Cancer Institute and the Canadian Cancer Society:

- Find a quiet room where you can get into a comfortable position to relax. Close your eyes.
- Do not fold your arms or cross your legs, as you may decrease circulation and cause numbness and tingling.
- Breathe in deeply. Try to use abdominal muscles to expand abdomen and fill your lungs. Exhale slowly as though you are whistling.
- Breathe deeply and exhale slowly three times. This will help you relax.
- Create images that remind you of a safe, relaxing, and peaceful place, such as a spot in nature, the beach, or a favorite room. You can imagine the sounds, smells, and feelings of being in that place. Or imagine breathing in a cloud of soft healing energy, with deep regular breaths, and feel the healing spread throughout your body. Or imagine different colors to represent different things. Put your hands over your eyes and imagine a color that you think represents being anxious or afraid. Then imagine that color being replaced by another color that you believe represents strength, courage, or healing. For example, if you think brown is the color of fear you imagine your body slowly being surrounded and healed by a soft light of another color that removes your fear, leaving you with a sense of peace.
- Use imagery at least 20 minutes a day. It is best to try imagery before your pain becomes severe, or while you are waiting for your pain medicine to work.
- Record the use of relaxation and imagery and how it works in a pain management log.

**Massage therapy.** This is the treatment of the muscles and soft tissues in your body to help lower stress, ease tension, and make you feel more relaxed. It can also help reduce pain (such as headaches and low back pain), improve circulation, and promote a sense of well-being. Studies have shown that it can also help reduce fatigue and depression, help with insomnia, and reduce nausea. A type of lymphatic massage called manual lymph drainage (MLD) can reduce the swelling from lymphedema in women with breast cancer.

*[Continued on next page]*



*“Cancer didn’t  
bring me to my  
knees. It  
brought me to  
my feet.*

- Michael Landon

## ATTENTION SAUBEL’S SHOPPERS

Please save your stamps  
for H.O.P.E. to get the  
free FABERWARE  
needed for the H.O.P.E.  
HAVEN.

This runs until Septem-  
ber 18th, 2019.

# Alternative Treatments For Pain

[Continued from page 3]

**Hypnosis.** This is an altered state of awareness in which you are relaxed but have focused attention. Research has shown that hypnosis can help people with cancer cope better with anxiety and depression and it can be helpful easing cancer pain. People who have participated in hypnotherapy report feeling calmer and more in control. They also report having fewer problems sleeping. In studies of children with cancer, hypnosis helped children reduce their fears of medical procedures.

**Cannabis and cannabinoids.** This was covered extensively in a recent newsletter, but it bears repeating. Cannabis comes from the cannabis plant. The main psychoactive ingredient in cannabis is THC (delta-9-tetrahydrocannabinol). THC is a type of cannabinoid. There are many other types of cannabinoids in cannabis. Cannabinoids are chemicals that act on certain receptors on cells in our body, especially cells in the central nervous system. Research shows that some cannabinoids can help with some symptoms and side effects, and drugs containing cannabinoids have been developed to treat pain, nausea, and vomiting. They also can help with relaxation and promotion of well-being.

**Tai Chi.** This is an ancient Chinese martial art that combines slow, focused body movements, meditation, and deep breathing. Regular practice improves balance, coordination, flexibility, strength, and overall fitness. Research suggests it can help lower blood pressure, reduce stress, ease pain and stiffness, and improve sleep. Small studies have shown that regular Tai Chi may help with depression and help self-esteem.

**Yoga.** This is an ancient lifestyle practice that uses a series of movements and poses, breathing exercises, and meditation to allow a deeper connection to one’s self. The word yoga means “to join” or “union.” Research has shown that yoga can be used to help improve high blood pressure, heart rate, breathing, metabolism, and body temperature. Yoga can improve strength, mobility, bone health, cardiovascular health, breathing pattern and other physiological systems, and decrease pain. It has been shown to help people living with cancer relieve their anxiety and depression and increase a sense of spiritual well-being, and may potentially help with fatigue or sleeping problems.

Sources used: WebMD, [practicalpainmanagement.com](http://practicalpainmanagement.com), [dana-farber.org](http://dana-farber.org), Canadian Cancer Society, [cancer.net](http://cancer.net) (American Society of Clinical Oncology, New York Times)

## Attention Young Adult Cancer Survivors:

The Samfund is a nonprofit organization that awards direct assistance to young adults who are struggling financially because of cancer. Its grants cover a wide range of needs, including medical expenses, living expenses, insurance premiums, and much more. The Samfund is accepting applications through August 9 for a financial grant.

Who is Eligible?

- Young adult cancer survivors between the ages of 21 and 39 at the time the application is submitted.
- Residents of the United States.
- Must meet one of the following criteria:
  - \* Completed planned treatment with no evidence of disease, OR
  - \* One year following the completion of planned treatment with stable disease, OR
  - \* In remission AND on long-term hormonal therapy (such as Tamoxifen) OR in remission AND on long-term targeted therapy (such as Gleevec or Herceptin).

Friday, August 9, 5 PM, is the deadline for submission of online applications. Go to <http://www.thesamfund.org/>. For questions, email [grants@thesamfund.org](mailto:grants@thesamfund.org).

## Tips For Safer Summer Grilling

Summer equals grilling outdoors. If you 'fire up the barbie' once or twice a week you're exposing yourself to potentially cancer causing compounds. The first of these compounds is formed when any kind of 'organic matter,' primarily the fat that drips off meat and down into the grill grates, gets burned, because the carbon inside is being combusted in the flames, and those hydrocarbons get carried up in the smoke which then envelopes the meat and coats it in these compounds. The second is the black char you see on the grill grate and grilled food. This occurs when high temperatures meet muscle meat, which includes red meat, poultry, and fish. Grilling at these high temperatures causes amino acids found in the meat to react with another substance found in meat called creatine, which forms the other potentially carcinogenic compound.

Here are some safeguards you can adopt to lower your exposure to these compounds:

- \*Eliminate the red meat, especially processed meats like hot dogs. Consider instead fish, seafood, and poultry, which are typically cooked for a shorter period of time directly over the coals.
- \*Marinate first. Research shows that marinating for at least 30 minutes can reduce the formation of the char by putting a barrier of sugar and oil between the meat and the heat.
- \*Cook with herbs and spices because of their antioxidant properties.
- \*Don't breathe in the smoke from the grill.
- \*Clean the grate between uses to remove char.
- \*Partially precook meat so that it spends less time on the grill.
- \*Grill in foil.
- \*Minimize the 'drip' by grilling leaner cuts of meat or trimming any visible fat. Also, don't pierce the meat while it's on the grill.
- \*Flip often when cooking over high heat. This reduces the chance of char.

## Survive and Thrive With Livestrong at the Shrewsbury YMCA

A 12-week health and wellness program that supports adult cancer survivors in regaining their physical, emotional, and spiritual strength.

The program includes free family membership during the program, two 90-minute sessions per week in a small-group setting with certified instructors, and access to all YMCA membership programs such as group exercise classes, the Wellness Center, and indoor pools.

Begins Tuesday, September 3. Afternoon session is 12:30-2 and evening session is 6-7:30. Sessions are held Tuesdays and Thursdays.

## Shrimp and Bull Roast

Saturday, September 21  
7—11 p.m.

Jarrettsville Gardens, Jarrettsville Fire Hall  
3825 Federal Hill Road  
Jarrettsville, MD 21084

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 1, 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 6  
10—1:30

York Motorcycle Club



2333 Whiteford Road (next to the Galleria Mall)

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

## Annual Craft & Vendor Show

Saturday, October 19  
8:30 a.m.—2 p.m.

New Freedom Community Building



50+ Crafters and Vendors  
Lots of Holiday Gifts!  
Chinese Auction, Raffle

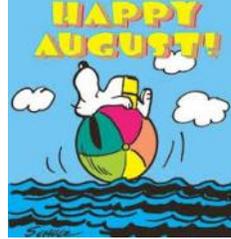
Tasteful Occasions Fantastic Food  
Admission: 2 Cans of Food for the Food Pantry  
Interested in being a vendor?  
Contact: 717-309-3824 or bspurlock50@aol.com

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."*

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