

December/January
2019/2020



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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.

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

We're Finally Moving!

The last day this office will be open will be Friday, December 20. We will be closed the month of January. There will be a new telephone number which we will share as soon as we learn it, and we'll give you our new address and directions to our wonderful Hope Haven. We'll post the information on our website and facebook and send postcards.

We apologize for the inconvenience, but we're moving 20 years of H.O.P.E.'s three big rooms, from the New Freedom Community Center, into a brand new, bright, cheery, spacious office next to our dream Haven, a beautiful retreat for our cancer patients and their families to escape to and enjoy.

Christmas Party!

Sunday, December 1, 2-4 p.m.

Stewartstown Presbyterian Church

14 College Avenue

Christmas Tea!

Tuesday, December 10, Noon-2

Hope Haven

PLEASE CALL FOR A RESERVATION.

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FROM THE EDITOR'S DESK

This is a landmark newsletter. It is the last one that will be created in the corner of the office in New Freedom. H.O.P.E. has worked out of three rooms on the second floor of the community building for nearly two decades—the office, the Serenity Room, and the pantry. Everything about the organization has grown—staff, volunteers, patients and families—except space. The Haven office will solve the problem of space, reduce the sharing of computers, and best of all, will be next to the beautiful home that will be a retreat for cancer patients and their families. Much more information will be forthcoming in the next and future newsletters about this dream come true.

As anyone who has experienced cancer well knows, there is no holiday from the disease and its ramifications. Every December Barb offers some suggestions as to how to reduce stress and enjoy the holidays. On the next page are ideas for 'self-help' and ways you can help others through this trying time of the year. On the following page we've included some true holiday short stories that were submitted to the online news site Buzzfeed. We hope these will make you smile and brighten your day. And on page 5 is a cancer patient's humorous but all-to-true version of "Twas the Night Before Christmas" and some Christmas fun facts. Happy Holidays!



*"I heard the bells
on Christmas
Day, their old
familiar carols
play. And wild
and sweet, the
words repeat, of
peace on earth,
good will to
men."*

- Henry Wadsworth
Longfellow

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, and she'll put you on our list. (And it will have color!)

Thanks!

Dear Friends,

We are asking for your patience over the next two months. We will be moving our offices into our new facility where we will be able to offer more services to our clients. We will close the offices the Friday before Christmas and be closed the whole month of January. We will have a new phone number and unfortunately we will not know what it is until the new phones are installed. As soon as we receive our new phone number we will post it on our website and facebook page.

Change is always difficult but the new offices will be well worth it in the end. We will try to keep you updated through facebook and our webpage. Stay tuned for the newsletter that will arrive at the end of January with our new address, new phone number, and other important information you might need.

Thank you,
Barbara

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

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

Our fundraisers are done for this year and it's time to pack and move, but before we do, we must recognize and thank the W. Dale Brougner Foundation for sponsoring the Murder Mystery Dinner fundraiser held at the Pine Ridge Farm in Stewartstown. The hospitality and assistance shown to us by Dan and Kristen Fowler, owners of Pine Ridge Farm, and their family was heartwarming and so much more than we expected! Tasteful Occasions, owners Rafael and Kim Hernandez, and their extraordinary staff for the awesome dinner and catering. Last but not least, the success of the Murder Mystery Dinner and all of our fundraisers are because of folks like you who volunteer and support H.O.P.E. in so many ways! Now we look ahead to 2020 and see what it holds for H.O.P.E.



Suggestions From Barb For Coping With the Bustle of the Season

It's hard to believe that Christmas is just around the corner! The Christmas catalogs have arrived and the TV commercials are starting to entice the children into wanting the newest and greatest toys and electronic gadgets. To many people, Christmas is 'the most wonderful time of the year.' But if you are ill or grieving, this time of year can be overwhelming. Each year we offer suggestions on how you can de-stress and simplify the holidays so that they can be a time of appreciation for your friends and loved ones and all that you already have.



Ways to Help You

Simplify your celebration. Big is not always best. Expensive is not always valuable. Time consuming is not always long lasting..

- Give gift cards. To dress them up buy a little stocking, fill it full of candy, gum, etc., and add the gift card.
- Just buy for one. Think about doing a Secret Santa with your family, especially if you have a big one! Purchasing one gift as opposed to many gives you the luxury of shopping for a special gift and not having to worry about pleasing everyone.
- Don't feel like cooking? Don't! You can order a complete dinner from any of your local grocery stores and then heat it up.
- Put others to work in your kitchen. Instead of trying to prepare a huge dinner for extended family, have a potluck dinner. Allow others to help ease the burden for you.

Allow yourself adequate rest, exercise, and nourishment each day. These lasting gifts to yourself will help you maintain your balance, energy, and inner peace throughout the season. Could you give a better gift to your family and friends?

Rethink traditions. Sometimes we feel our family would fall apart if we didn't follow traditions. Trying to keep up with these can be tiring, and sometimes what you think is important to your family really isn't. Sit down and talk it over with them and see which is the most important tradition they want to follow.

Ways to Help Others

The rush of holidays can be extremely stressful for anyone, but when you are ill or grieving it becomes overwhelming. Let's take a look at how you can help a friend or neighbor cope in this difficult time.

- Offer to decorate their home, decorate their tree, or put up their outdoor lights. And make sure they realize that you will help them take it all down when the holidays are over.
- Bake cookies for or with them.
- Send small gifts or cards on a regular basis (not just at holidays). This reminds them that others care, and snail mail is especially welcome these days.
- Offer to help them clean their house or hire a cleaning service for them.
- Make meals for them or organize friends to help, or order meals to be delivered.
- If they can ride in a car, take them on a tour of the Christmas lights. If they are unable to leave the house, take lots of pictures of neighborhood lights and share them.
- Give a book so that they can curl up with it alone or share it with their family. For families with children there are many popular classics that children love to hear read aloud. Even older children enjoy sharing a book on special occasions - Laura Ingalls Wilder's *Christmas in the Big Woods* is a great classic.

Remember that giving of yourself will be the greatest gift that you can receive. As they said about Mr. Grinch, "his heart grew three times that day." May your heart grow as you give the gift of friendship and companionship to those in need this holiday season.

The following are true short vignettes submitted by readers to the online news site, Buzzfeed.

Together For Christmas

When my family was all able to get together for Christmas we always went to Christmas Eve mass. Although I don't really identify with any religion, Christmas Eve mass is beyond beautiful... the choir's voices were so lovely and strong that the whole building shook with song. My older brother wasn't going to be able to make it to Christmas because he lived too far away and it was just not the same Christmas Eve feeling as we stood there in our fancy holiday finest and sang carols... until my older brother walked in during "Angels We Have Heard On High." He had driven for 13 hours straight to make it in time for the holiday. My whole family was crying and I will never forget how it felt: like my own little Christmas miracle. For that reason I have always loved that song; it reminds me that my Christmas wish came true.

Liz Karsa



"Maybe Christmas, he thought, doesn't come from a store.

Maybe Christmas...perhaps.... means a little bit more!"

- Dr. Seuss

The Forgotten Present

I was about eight years old and it was a couple days after Christmas. My mother had found a present she had bought for me in her closet. Instead of just giving it to me and that be that, she snuck out on our back deck and threw it on the roof. My parents called me to come outside and showed me this gift, and my dad got a ladder and spotted me while I got it down. I still remember the butterflies thinking, "Wow, he really came! Santa was up on this roof and this fell out of the sleigh!" The gift was a pink Barbie camera. I'll never forget that feeling.

Katie



Catching Santa Claus

One Christmas morning my parents woke my siblings and me up and told us they had secretly videotaped Santa last night and we just had to see it. At this point we had started to question if Santa was real or not, but when we saw that video of Santa putting gifts under the tree and eating the cookies we left, any doubt we had was gone! Years later we found out that my parents had found a Santa suit at the store and stayed up all night recording the video. We still talk about it every year at Christmas and it is definitely something I plan on doing with my kids!

Ahmba25

Christmas Carols

When I was little, my grandpa had cancer, and he and my grandma were too exhausted from all the treatments and emotions from the previous months to make the two-hour drive to Christmas with the rest of the family. So my mom arranged for us all to go over to their house instead, and we stood outside in their yard singing Christmas carols. I'll never forget the look on my grandma's face when she drew the curtains to see what was going on outside - it makes me tear up just to think about how excited she was. My grandpa died a month later, but my grandma has always said how grateful she was that we didn't forget about him on what ended up being his last Christmas.



Twas the Night Before Chemo...

By Terri Prese Chelmowski

Twas the night before chemo, when all through the house,
 Not a creature was stirring, not even my spouse.
 My hats they were hung in my closet with care,
 Knowing the next week, I would not have hair.
 The children were nestled all snug in their beds
 While visions of a bald mom danced in their heads.

My in my turban, and Mark in his cap,
 Had just settled down for a short winter's nap.
 When out on the lawn there arose such a clatter,
 It was a friend with another lasagna platter.
 We closed up the windows, we locked up the doors,
 PLEASE, no more lasagna, we can't take anymore!

Then what to my wondering eyes should appear,
 My mother, her face still damp with a tear.
 The children came running, so lively and quick,
 Drying her tear with a kiss and a kick.
 More rapid than eagles the children they came,
 I whistled, and shouted and called them by name:
 Now Kaela, now Julia, now Kelvin, and Jamie,
 On Erin, on Andrea, on Michael and Amy.
 To the back of the house, to the back of the yard,
 Now pick up those toys, no matter how hard.

So back to the clinic, more chemo for me,
 Gayle, could you take me, my appointment's at three
 And then in a twinkle, you'd hear my cry,
 "Oh please, God, just let me curl up and die."
 As I crawled into bed, with hardly a sound,
 Down the stairs, into my room, the children would bound.

They were dressed all in cotton, from head to foot,
 Maybe I'll take just one closer look.

Their beautiful hair was tied up with a bow,
 How precious and priceless they are, I know.
 Into my room came my husband, my mate,
 Kissing me, hugging me, telling me I'm great.
 He was cheerful and happy, a right jolly young man,
 He'd tell me repeatedly, "I know that you can!"

A wink of his eye, and a twist of his head,
 Soon gave me to know, I had nothing to dread.
 We spoke not a word, but went straight to our work,
 The chemo, the blood draws, I'm going berserk!

And putting these months all behind me today,
 There really is only one thing I can say.
 Because of my family and friends at my side,
 This very long journey was a much smoother ride.
 So Merry Christmas to all, and to all a good night!

Christmas Fun Facts

According to the National Christmas Tree Association, Americans buy 37.1 million real Christmas trees each year.

Theodore Roosevelt, a staunch conservationist, banned Christmas trees in his home, even when he lived in the White House. His children, however, smuggled them into their bedrooms.

At Christmas, Ukrainians prepare a traditional twelve-course meal. A family's youngest child watches through the window for the evening star to appear, a signal that the feast can begin.

Before settling on the name of Tiny Tim for his character in "A Christmas Carol," three other alliterative names were considered by Charles Dickens. They were Little Larry, Puny Pete, and Small Sam.

It is estimated that 400,000 people become sick each year from eating tainted Christmas leftovers.



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Brick Sizes
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For more information
 Call the office 717-227-2824 or
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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

Future meetings will be held at
H.O.P.E. Haven
more information coming in February Newsletter

Everyone is Welcome!
(Cancer patients, care givers, families and friends)

For more information
Call 717-227-2824
(until December 20th)



"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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