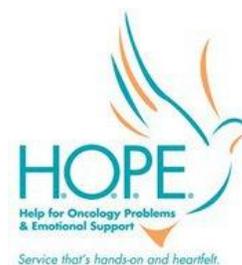


H.O.P.E. LIFELINE



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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. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. 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: 717-244-2174 or 717-244-2161.

(E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org)

Take a Swing at Cancer! 12th Annual Golf Classic Tournament

Saturday, August 22

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 717-244-2174 for information.

Shrimp and Bull Roast

Saturday, October 3

7–11 p.m.

Jarrettsville Gardens

Jarrettsville Fire Hall

3825 Federal Hill Road

All You Can Eat Buffet
Shrimp, Pit Beef, Pit Turkey,
Sides

Beer and Wine

Silent Auction • Door Prizes

DJ & Dancing

\$50 ticket. Buy 9 tickets before
September 3, get one free.



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 717-244-2174.

Support Group Meeting

Date: Wednesday, July 8

Time: 7:00 p.m.

Location: H.O.P.E. Haven—Poolside

Speaker: All of Us!

Topic: Together Again!

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FROM THE EDITOR'S DESK

Baby steps. That's how we're reopening. We're going to begin helping our patients with wigs and scarves the first of July, and we're holding our first support group meeting since March. The wigs and scarves will be done in the office building and, weather permitting, our support group will meet out by the pool. As ever, call for an appointment if you're in the market for a wig and give us a call before the support group meeting if the weather seems iffy. (Phone numbers on front page.)

Each month that everything has been closed down has meant more lost revenue for us and all non-profits. We're hopeful that nothing will come up to interfere with our golf tournament and bull roast (see front page). Even though the flyers haven't been sent out for the golf, we've already filled half the slots. Lots of people are ready to dust off those clubs and re-learn their swings. If you're interested in participating, give us a call asap. Bingo still hasn't been rescheduled because we just don't know how we're going to social distance that many people, and the Road Rally date is still waiting for two more parks to reopen, probably sometime this month. There is a fundraiser, however, that is Covid-proof, and that is our Calendar Raffle. We've posted the items and descriptions on page 5. Tickets will go on sale July 1, and you'll be able to purchase them online or at the office or maybe even from a Board member or volunteer. Since the drawings don't begin until January 2021, this is a great Christmas gift or stocking stuffer.

Speaking of gifts, an ideal way to honor a loved one is with a brick on our front walk. You'll be helping H.O.P.E. as well as commemorating a family member, friend, or even pet. A 4 x 8 brick is \$100, 8 x 8 is \$250, 12 x 12 is \$1000, and 24 x 24 (family size) is \$2,500. Call the office for more information or visit www.hopelifeline.org/buyabrick

FYI: MEDITATION

When we meditate, we inject far-reaching and long-lasting benefits into our lives. When we meditate we are trying to be 'mindful' – paying attention to the present moment – and thus, for a little while, taking a pause from the narratives that are constantly running through our minds and distracting us from the here and now.

Studies have shown dozens of benefits from meditation. Here are a few from healthline.com.

- Reduces stress
- Controls anxiety
- Promotes emotional health
- Lengthens attention span
- May reduce age-related memory loss
- Improves sleep
- Helps control pain
- Can decrease blood pressure

On page 4 you can read and follow the very basic steps for meditating. (For more details three short audios on meditation, go to mindful.org.)

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

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

Robert Kinsley truly believed in giving back. His passing will impact not only family and friends but his thousands of employees who loved him, as well as all the people and organizations who benefited from his generosity. Bob was instrumental in making the Hope Haven a reality. He believed in our mission, and he will be remembered as each family enters our door for a vacation from cancer.



Bob's contributions are vast and long-lasting. If he saw a need he would address it, whether it was a roof for a small church or preserving an historical landmark. A project dear to his heart was the creation of the museum and visitors center of the Gettysburg National Military Park. Bob was respected as much for his civic and community involvement as he was for the multiple companies he created.

The H.O.P.E. family is stronger and better able to serve our cancer patients because of Robert Kinsley.



“There are some people who bring light so great to the world that even after they have gone the light remains.”

- Unknown

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!

In Their Own Words—Our Kids on Cancer

Kids get cancer, too. We reached out to our cancer kids and asked them to write something about their experience. We heard from quite a few, and in this month's newsletter we're featuring thoughts from a nine-year-old girl who is being treated for cancer now and a 23-year-old young man who rang the cancer bell seven years ago. Here are their words.

A Poem by Paige

Paige has been battling illness since birth. Born with neurofibromatosis, a disorder of the nervous system affecting development of nerve cell tissues, she is one of the five percent who go on to develop cancer. In the past five years since her diagnosis, Paige has been treated at the National Cancer Institute, Penn State Hershey, Children's Hospital of Philadelphia, and most recently at University of Pittsburgh. Despite all this Paige is a typical silly, nine-year-old who loves to have fun and really loves pug puppies. Here is Paige's poem.

Pills and poles,
MRIs and CT scans,
Fancy words,
And they are always washing their hands.
Days and days go by
Seems like it's on repeat to me.

Not All Heroes Wear Capes

Ryan was diagnosed with Stage 4 Hodgkin's Lymphoma when he was 16 years old. His only symptom had been sinus infections a few months prior that wouldn't go away. Ryan underwent four months of chemotherapy treatment followed by two weeks of radiation therapy. He is currently in his seventh year of being cancer free and is in the Cancer Survivorship program at Hershey Medical where he goes once a year for bloodwork, a pulmonary function test, and an EKG test. Ryan is finishing up at Millersville with a degree in programming. Here's his take, and a very timely one, on his experience with being treated for cancer.

"Not all heroes wear capes" is a common expression said to represent men and women in uniform that help people every day. At the Hershey Pediatric Cancer clinic, the nurses are true heroes that spend every day helping children with their cancer treatments with a smile on their faces. I never enjoyed going to the doctors and especially did not like being in hospitals, but I never once felt like I was in the hospital when I was with the nurses. They were always friendly, warm, and never once treated my chemotherapy as treatments but as a way for them to see and talk to me. They also always made sure I was comfortable and asked if I ever needed anything to make my days go by as easily as possible. They are also heroes in the ways they kept the younger children happy and always made sure they were comfortable. They always encouraged children to walk around in between treatments to play games, do puzzles, look out the windows, or sing along with music lady that brought her guitar.

I remember during my time of treatments, there was a young girl, probably 3 years old, that always had the biggest smile on her face anytime one of the nurses would walk by; she didn't see them as doctors giving her medicine but as friends that were there to play games with her while she was visiting the hospital. There was not a single child, me included, that thought of the hospital as a scary place with medicine and needles, but as a place where their friends were that cared about them and did everything in their power to make us smile.

They say laughter is the best medicine, and the nurses at the Hershey Pediatrics Clinic always made sure you got plenty of it.

Palliative Care Can Be a Game Changer

We have talked about and drawn from “Four-Square Clobbers Cancer.” It’s an online blog that is dedicated to improving the outcomes of children, adolescents, and young adults who are being treated or have been treated for cancer. It is a wonderful source of information for families who have a child with cancer, and if you have time (now some of us have more than we’d like) we encourage you to investigate this site. It was set up with the help of the Nicholas Conor Institute (NCI), another excellent site found on facebook. Four Square’s editor is a grandfather who helped take care of his grandson Conor after his diagnosis at age 16 months of stage IV neuroblastoma. We are pleased to report that Conor is now a healthy teenager and his grandfather has worked tirelessly ever since to advocate for cancer families.

This week the NCI posted information to parents of the value of palliative care. In an article titled “Pediatric Palliative Care Misunderstood,” Joe Baber reminds readers that palliative care has been supported by the National Institute of Health for six years. However, it is still misunderstood by people as being synonymous with hospice care. As he says, “The goal of palliative care is to relieve suffering and provide the best possible quality of life for people facing the pain, symptoms, and stresses of serious illness. It is appropriate at any age and at any stage of an illness, and can be provided along with treatments that are meant to **cure** you.”

- Pediatric palliative care is specialized medical care that uses a team of doctors, nurses, social services people to help family life and other specialists who work together with a child’s oncologist and other doctors.
- Palliative care can alleviate symptom burdens, reduce psychosocial distress, improve quality of life, reduce hospitalizations, decrease health care costs, and potentially increase survival among patients with serious illnesses.
- **According to the New England Journal of Medicine, “Patients who access earlier specialty palliative care have better clinical outcomes at potentially lower costs.”**
- Joe Baber recommends families speak to their doctor for more information. He also gave this site, www.GetPalliativeCare.org for a list of hospitals that practice palliative care.

You can find this article and more information by impressive bloggers, all of whom have “skin in the game” – all who have helped a child or children battle cancer and in one case one of the children herself.

*“You never know
how strong you
are until you
know how strong
love has made
you.”*

- Kate Bowler

The Basic Steps for Meditation

1. *Take a seat. Find a place to sit that feels calm and quiet to you.*
2. *Set a time limit. If you’re just beginning, it can help to choose a short time, such as 5 or 10 minutes.*
3. *Notice your body. You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.*
4. *Feel your breath. Follow the sensation of your breath as it goes in and out.*
5. *Notice when your mind wanders. Inevitably, your attention will leave the breath and wander to other places. When you notice this, simply return your attention to the breath.*
6. *Be kind to your wandering mind. Don’t judge or criticize yourself, just come back.*
7. *Close with kindness. When you’re ready, gently lift your gaze (if your eyes are close, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.*

Important Announcement

Due to insurance regulations, we can no longer keep walkers, wheelchairs, canes, potty chairs, or shower chairs on the premises.

January 2021 Calendar Raffle for Charity

Donation \$20 per ticket ~ SGC # 15629

Winning No. Based on PA Evening Daily Straight – 3 Digit

01/01/2021	Coach Bag valued at \$275
01/02/2021	Amazon Gift Card valued at \$75
01/03/2021	Chick-Fil-La Gift Card valued at \$50
01/04/2021	TJ Maxx Gift Card valued at \$50
01/05/2021	Kohl's Gift Card valued at \$50
01/06/2021	KitchenAid Multi Cooker valued at \$349
01/07/2021	Texas Road House Gift Card valued at \$50
01/08/2021	Old Navy/Gap Gift Card valued at \$50
01/09/2021	Under Armor Gift Card valued at \$50
01/10/2021	Kohl's Gift Card valued at \$50
01/11/2021	Bath and Body Works Gift Basket w/\$20 Gift Card valued at \$56
01/12/2021	Coach Bag valued at \$275
01/13/2021	Cabela's Gift Card valued at \$75
01/14/2021	Kohl's Gift Card valued at \$50
01/15/2021	Applebee's Gift Card valued at \$50
01/16/2021	Texas Road House Gift Card valued at \$100
01/17/2021	Longhorn Restaurant Gift Card valued at \$50
01/18/2021	Home Depot Gift Card valued at \$75
01/19/2021	Yeti Cooler valued at \$200
01/20/2021	Mt. Airy Junction Gift Certificate valued at \$50
01/21/2021	Olive Garden Gift Card valued at \$50
01/22/2021	Cracker Barrel Gift Card valued at \$75
01/23/2021	Lowe's Gift Card valued at \$75
01/24/2021	Texas Road House Gift Card valued at \$50
01/25/2021	Sam's Club/Walmart Gift Card valued at \$100
01/26/2021	Visa Card valued at \$50
01/27/2021	Cheesecake Factory Gift Card valued at \$50
01/28/2021	Texas Road House Gift Card valued at \$50
01/29/2021	Visa Card valued at \$50
01/30/2021	Target Gift Card valued at \$100
01/31/2021	2 Night Stay-Plim Plaza Hotel Ocean City, MD, with \$100 Gift Certificate to the Pool Bar and 2 Rounds of Miniature Golf total value of \$500



**WINNERS WILL BE NOTIFIED BY PHONE
ALL PROCEEDS WILL BENEFIT H.O.P.E.**

H.O.P.E. Holiday Craft & Vendor Show

Shop with H.O.P.E. for a Cause

Saturday, October 17

8:30 a.m.—2 p.m.

New Freedom Community Building

150 E. Main Street

50+ Crafters and Vendors with many Holiday Gift Ideas

Chinese Auction—Raffle

Delicious food provided by Tasteful Occasions Catering

Admission—2 cans of food for our Food Pantry Or a Donation to H.O.P.E.

Interested Vendors are asked to call 717-309-3824



Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm

The Hope Haven Office

13275 Blymire Hollow Road, Stewartstown, PA

Everyone is Welcome!

(Cancer patients, care givers, families and friends)

For more information

Call 717-244-2174



"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."

Visit Us on the Web

www.hopelifeline.org

<http://www.hopeforcancerfamilies.org>

"Like" Us on Facebook:

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