



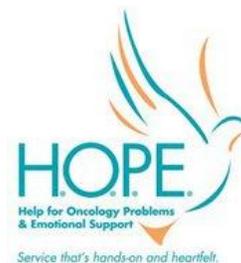
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H.O.P.E. LIFELINE



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. 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)

Soup—Sandwich— Cookie Sale

Saturday, December 5
 10 a.m.—3 p.m.

St. Paul Lutheran Church—
Hametown
 11894 Susquehanna Trail S
 Glen Rock

Must pre-order by Tuesday,
 November 24



See page 5 for
 details.

FUNDRAISER RAFFLE

January 2021 Calendar Raffle
 Donation \$20 per ticket

Prizes from \$50 up to \$500
 Gift cards ~ gift baskets ~
 Coach bags ~ two nights
 at Ocean City

See page 5 for full list of
 prizes and details.

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, November 11
 Time: 7:00 p.m.
 Location: H.O.P.E. Haven
 Speaker: Everybody
 Topic: Whatever strikes your fancy!

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FROM THE EDITOR'S DESK

Hasn't it been a beautiful autumn? The trees seem more colorful than in previous years, and the days are cool and sunny; it's as if Mother Nature knows we need this beauty for our souls.

Mother Nature certainly outdid herself on Sunday, October 4, when H.O.P.E. held its first annual **Road Rally**. Forty-five vehicles containing multiple passengers registered for the event that took participants all over York County, to such different spots as Nixon Park, Ma and Pa Railroad station, Bonkey's Ice Cream, Wrightsville, and Maple Lawn Farm. Most people reported that their favorite stop was the alpaca farm where they could pet and feed the fuzzy fellows. Carol and Barb are already making plans about next year's event.

As you know, we had to cancel our craft and vendor show, but fear not, you can still find Christmas gift items courtesy of H.O.P.E. With cold weather approaching, what better gift than a **H.O.P.E. zip-up sweatshirt jacket**, with the H.O.P.E. dove logo on the left side. They come in navy blue and deep purple, in all sizes. The price for most sizes is \$30, with an additional two dollars for size XXL & up. If you would like us to mail it to you, that's an extra five dollars. If you're not in the market for a jacket, we have long and short-sleeved tee shirts available in a variety of colors. You can email Carol (assistant@hopeforcancerfamilies.org) or call her at the office to order one or more. Or, if you don't need any new clothing items (because you're not going anywhere), you can donate money to buy a sweatshirt for one of our cancer patients or family members. It will be greatly appreciated.

If you're trying to shop for that person who has everything, how about a brick for H.O.P.E.'s walkway leading into the Haven. Each **brick** is personalized, and you can choose an inscription to be engraved and even add an image. See page 5 for more information, and call the office for further details.

At the other end of the spectrum are many of our cancer families who are struggling to keep going. Thanks to the continuing generosity of hundreds of people, every Christmas we are able to provide presents for each child as well as gift cards for their parents. Organizations and individuals sponsor one or more families, but you can also buy single gifts for children. This year we will have **mitten trees** at the Stewartstown Baptist Church, the Mason-Dixon Baptist Church, the Stewartstown Presbyterian Church, and Main Street Beauty Works in Shrewsbury. Trees will be up by Thanksgiving. If you're interested in adopting a family, call the office.

As most people are aware, November is **lung cancer** awareness month. Our feature article is a bit different; not an information article per se, but an account of one woman's journey with the disease. Her story is a testimony to being pro-active and fighting for the best treatment as well as her frustrations with having the disease. We're also giving you information about GoodRx and a warning about the importance of keeping track of medications.

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

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



Our Road Rally was a great success especially for our first one! We can't thank all those who helped out enough. What a lovely day for a ride thru the countryside. We want to thank all the businesses at each stop for sharing their time with us. They all gave us excellent help and we were excited to share what we found.

On the same day we were surprised with a check from the Twin Rose Lady Riders a local chapter of Women On Wheels® motorcycle organization for over \$8,000. This was from their Poker Run held on September 13, 2020. Also, a beautiful day for a ride. These ladies for numerous years have been a faithful sponsor of H.O.P.E.

Last but not least, we want to thank the Markets at Shrewsbury for having the Yard Sale in September. H.O.P.E. benefited from it and we heard it was the largest Yard Sale yet!



“We should certainly count our blessings, but we should also make our blessings count.”

- Neal A. Maxwell

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!

One Woman's Lung Cancer Journey

The following is an account of younger woman's battle with lung cancer. Her account is unique, but maybe not, in that she does not fit the stereotype of someone who gets this disease. That delayed her initial diagnosis and was problematic in her treatment. Many can probably relate to some or all of her frustrations.

Julie Swedberg is a 41-year-old woman who was diagnosed with stage 4 lung cancer in April 2016. In an article she wrote for Everyday Health, she describes the difficulties she encountered, from getting an initial diagnosis to treatment to the stigma attached to lung cancer.

Julie had a persistent cough that her doctor said was pneumonia, even though x-rays showed a spot on her lung. Finally, by the end of May, when the cough was still no better, she demanded a CT scan, only to get yet another x-ray. This one, however, showed that the spot had grown, so her doctor finally ordered a scan. This was quickly followed by a biopsy, a full PET scan, and tons of blood work that led to her diagnosis of stage 4 lung cancer that was now in both lungs, her lymph system, and breastbone. Ironically, six months earlier, Julie had found a lump in her breast. The same doctor had immediately ordered a biopsy and congratulated her for being proactive. Why such a difference? As Julie wrote, "In the second case, faced with a persistent cough and a sketchy x-ray, my PA had treated me like a paranoid hypochondriac. I didn't fit the stereotype of someone who should be at risk for lung cancer. I'm 41, female, and I've never been a smoker. If I'd been a middle-aged male smoker, the stereotypical face of lung cancer, I probably would have been diagnosed much sooner."

When doctors gave her 12-18 months to live at best, and her oncologist said her cancer was too advanced for surgery on the right lower lobe of her lung, she went to the Mayo Clinic for a second opinion. There, the doctor said she was young and otherwise healthy enough for the procedure. As with the majority of nonsmokers, her lung cancer had an EGFR (epidermal growth factor receptor) mutation. This was good news, because there are drugs that target these mutations that won't cure the cancer but can be effective in stalling it. Her first drug was successful until it wasn't, and she experienced severe leg pain. At an urgent care facility she demanded an x-ray despite the doctor's reluctance. The x-ray revealed a tumor in the lower part of her femur where the cancer had metastasized. She had 10 rounds of radiation and was put on a new drug.

After a disappointing follow-up procedure at the Mayo Clinic, Julie went to the University of Chicago where a test showed that her tumor had changed and a new drug was added to her regimen. As of her article's publication in April 2020, she is stable, although she is experiencing intense stomach issues and fatigue as side effects.

Julie's final frustrations have to do with the stigma associated with lung cancer and the consequent meager funding in comparison to breast or prostate or even colon cancers. She wrote, "Almost without exception, the first thing someone says when they learn I have lung cancer is, 'I didn't know you smoked,' or, 'How long did you smoke?'" She feels that this stigma prevents appropriate federal funding because of the misconceptions that lung cancer is a smoker's disease and the belief that those affected brought it on themselves. This despite the fact that lung cancer is expected to kill more than 135,000 people in 2020, far more than colon, breast, and prostate cancers combined.

Julie has turned her focus to advocating for her disease and works with A Breath of Hope Lung Foundation. This organization "fights lung cancer by funding innovative U.S. research, raising awareness and supporting patients and families." You can find it at abreathofhope.org.

A Dangerous Kind of Cascade

Most medications do what they're supposed to do, but side effects often occur. When that happens the doctor may prescribe another drug to counter the side effect. Unfortunately these drugs can also have adverse effects, compounding the original problem.

"Prescribing cascade" is a condition that starts with drug-induced side effects that are then viewed as a new ailment and treated with yet another drug or drugs that can cause still other side effects. A popular treatment for high blood pressure is a good example of this. A study was conducted in Canada of 41,000 older adults diagnosed with hypertension who were prescribed drugs called calcium channel blockers. Within a year after treatment began, nearly one person in 10 was given a diuretic to treat leg swelling caused by the first drug. Many were inappropriately prescribed a type of diuretic that resulted in dehydration, kidney problems, lightheadedness, and falls.

[continued on next page]

Good Rx is a Really Good Deal!

A commercial I've been seeing for a while on TV has intrigued me, but I wrote it off as just another too-good-to-be-true service. But it really does what it claims to do, and even more.

GoodRx is a website and mobile app that finds discount prices for medications and tells you where to get the lowest price. More than 75,000 pharmacies in the U.S., including major chains like Costco, Kroger, Walmart, CVS, Rite Aid, and Walgreens, will accept GoodRx. Participating pharmacies are contractually obligated to accept GoodRx's coupons. (Sam's Club is no longer in the program.)



All you have to do is go to the app store on your phone and download the GoodRx app. It's free. You'll need to type in your zip code and then you're off and running. Look for your medication in its list if it's a common one or type in the name. You'll see a list of all the pharmacies nearby and the price of the same quantity of the drug at each location. Once you find the best deal for you, take your phone to the pharmacy and show the coupon on the app to the pharmacist.

Here are some other helpful pointers:

- You can use GoodRx coupons whether you have health insurance or not.
- GoodRx cannot be combined with your health insurance or programs like Medicare or Medicaid.
- If you have insurance, compare the GoodRx price to your insurance co-pay and see which is cheaper. You can always use GoodRx instead of your insurance.
- If you choose to use a GoodRx coupon, it's important to ask the pharmacist not to run your prescription through your insurance or Medicare. This tends to happen often.
- When you search for medications on GoodRx, you'll typically see generic drugs listed first. However, you also have the option to view pricing for brand-name drugs.

A little over a year ago, GoodRx acquired the telemedicine company HeyDoctor and rebranded the telemedicine platform as GoodRx Care. It offers online medical service starting at \$20—no insurance required. The service allows patients to chat online with a board-certified medical professional for routine health conditions like high cholesterol, urinary tract infections, acne, hair loss prevention, and more. GoodRx says the private doctors' consultations take 10 minutes or less, with no video or phone call required. Medical testing services, which vary in price, are also offered through the platform.

A Dangerous Cascade

[from previous page]

Complicating matters is the large number of drugs some people take. As Dr. Timothy Anderson, an internist at Beth Israel Deaconess Medical Center in Boston, wrote in JAMA, "Older adults frequently take many medications, with two-fifths taking five or more. In cases of polypharmacy, as this is called, it can be hard to determine which, if any, of the drugs a person is taking is the cause of the current symptom."

Dr. Paula Rochon, a geriatrician at Women's College Hospital in Ontario, says that everybody needs to consider 'prescribing cascade' every time a drug is prescribed. She recommends that patients or caregivers ask the doctor these questions before accepting a prescription:

- Am I experiencing a symptom that could be a side effect of a drug I'm taking?
- Is this new drug being used to treat a side effect?
- Is there a safer drug available than the one I'm taking?
- Could I use a lower dose of the prescribed drug?
- Most important: Do I need to take this drug at all?

One final factor is prescriptions by different doctors. Patients and caregivers need to be especially vigilant. For every doctor they consult they should be able to provide an up-to-date list of every drug they take, whether prescription or over-the-counter, as well as nondrug remedies and dietary supplements.

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

May be purchased online
www.hopelifeline.org/calendarraffle

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

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 717-244-2174 or
assistant@hopeforcancerfamilies.org

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

Soup—Sandwich—Cookie Sale

The perfect cold weather treat, and all you have to do is come and pick it up. Homemade soup and cookies and three different pretzel sandwiches. Choose from the following (or order one of everything!):

Maryland Crab Soup	Quart for \$10
Chicken Corn Soup	Quart for \$8
Chili	Quart for \$8
Ham & Pretzel Sandwich	\$5
Roast Beef & Cheese Pretzel Sand.	\$5
Turkey & Cheese Pretzel Sand.	\$5
Cookies	\$2

Orders must be placed no later than Tuesday, November 24. See our facebook page for more details or call the office.

For the order form.....

www.facebook.com/events/371972703994739

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>
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RETURN SERVICE REQUESTED

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