



H.O.P.E.
President/Co-Founder

Barb Titanish

Assistant Director

Carol Nelson

Board of Directors

Craig Sharnetzka—Chair

Nicole Schmid—Vice Chair

Barb Spurlock—Secretary

Pat Grinnalds—Treasurer

Cheryl Schroeder

Ned Duke Jr.

Paula Thrasher

Abby Fry

H.O.P.E. Lifeline

Production Volunteers

Jean Lillquist—Editor

Jo Huber

Kay Joy

Cindy Moran

Lynn Snook

Marty Streett

Maria Ellis

Jeannette Keech

Sandy Sharnetzka

Roxanne McKinney

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

Date: Wednesday, August 14

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Topic: Everything

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)

Take a Swing at Cancer! 16th Annual Golf Classic Tournament

Saturday, August 17

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 5

7–11 p.m.



Jarrettsville Gardens, Jar-
rettsville Fire Hall

3825 Federal Hill Road
Jarrettsville, MD 21084

All You Can Eat Buffet

Shrimp, Pit Beef, Pit Turkey,
Pasta, Chicken, Sides

Beer and Wine

*Silent Auction * Door Prizes

*DJ & Dancing!

H.O.P.E.'S CURRENT ADDRESS

Physical Address:

13275 Blymire Hollow Rd.,
Stewartstown, PA 17363

Mailing Address:

P.O. Box 279,
Stewartstown, PA 17363

Phone: 717-244-2174

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
Summer Smoothies	Pg. 3
Exercise Can Ease Pain	Pg. 4
One More Smoothie	Pg. 5
A Caregiver Speaks Honestly	Pg. 5

FROM THE EDITOR'S DESK

The other day when I was out and about I saw three empty school buses on the road and thought of all those kids (and teachers) whose summer is already half over. To further confirm that the volunteers here are getting back-to-school backpacks filled with all necessary school supplies (elementary through high school) for our cancer family kids.

Helping families with school supplies and pantry items and Christmas wish lists would not be possible without continued help from our wonderful friends and supporters. Sharing top billing is the **Mid Atlantic Women's Motorcycle Rally**, (MAWMR), an association Barb has been associated with for 15 years and Carol a member of for over 30 years. This year's rally was attended by nearly 400 people and raised \$64,000 dollars. That's right, \$64,000. This total is thanks to two sisters in the group who matched as a donation to their loved ones whom they lost to cancer the \$32,000 raised through registration and auctions. The money will be divided among HOPE, and another non-profit, and MAWMR. Another motorcycle friend, **Battlefield Harley Davidson Hog Chapter**, as part of its celebration at Gettysburg Bike Week, donated the proceeds of its 50/50 raffle to a HOPE winner. Two of our cancer patients, who are a part of H.O.P.E., a husband and wife, won the \$575 prize.

June and July have seen happy families splashing in **the Haven** pool and enjoying all the amenities of the air conditioned house. Our guests have come from all walks of life and have all been thrilled with their sojourn in the country. In addition to offering a weekend stay, we're also scheduling families to come and use the pool on designated days. Call the office (717-244-2174) if you have any questions about staying at the Haven or cooling in the pool. We still have a couple available weekends through October.

Coming up around the bend it's golf tournament time. This will be our 16th **Take a Swing at Cancer** tournament, and each year it fills up faster. There are a few openings available as this is being typed, so if you're interested in great prizes, food, comradery, and, oh yes, golf, give us a call to see if there's still space. No one goes away empty-handed. Looking a little further ahead don't forget our **Shrimp and Bull Roast** at Jarrettsville Gardens on Saturday, October 5, from 7-11 p.m. See ad on front page for more details. Just two weeks after that is our **Craft and Vendor Show**, a great segue into the holiday season. Yikes! Lots of handcrafted items and other products and food trucks to replenish shopping energy. Come to the Stewartstown Presbyterian Church on Saturday, October 19, to get in the mood for the season of giving.

Attention first responders and veterans of York County. The program **Wills for Heroes** is offering free legal assistance concerning wills, health care, and financial powers of attorney. Registered attendees will have a free consultation with a volunteer attorney. You can register for this valuable opportunity online at www.pabar.org/wfh. The password is York. The event is taking place at Penn State York, 1031 Edgecomb Avenue, in the library.

August is **appendix cancer awareness month**. Appendix, or appendiceal cancer, is very rare; in the U.S. it has been thought to affect about one or two people per one million per year. However, recent studies show that it is becoming more common, particularly in people between the ages of 50 and 55, and affects men and women about equally. It is not known to run in families.

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

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

On July 13th we were blessed to spend the day with the Battlefield Harley HOG Chapter. We sold 50/50 tickets beforehand here at HOPE and then, Carol, Ed, and I spent the day selling tickets along with the chapter members at Gettysburg Bike Week. It was a great day, a little hot, but it was great meeting so many people. The drawing was held at the end of the event and two of H.O.P.E.'s patients were the lucky winners. H.O.P.E. and John and Fran Burkhead each \$525. Congratulations John and Fran! Both, John and Fran are battling cancer and so we were very excited that they were the winners. We have to thank Terri Fair and the Battlefield Harley HOG Chapter for selecting H.O.P.E. to benefit from this drawing and for being such great friends and supporters.



*"How softly
summer shuts,
without the
creaking of a
door."*

~ Emily Dickinson

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!

Bottoms Up! – Drink Your Way to Better Health

Research shows that as many as half of all cancer cases may be preventable through healthy lifestyle choices. While no single food can prevent cancer and not all types of cancer are preventable, what you eat on a regular basis can help decrease your risk of developing cancer. The American Institute for Cancer Research recommends that an anti-cancer diet be packed with plant-based foods like fruits, vegetables, whole grains, nuts, seeds, and legumes. Here are some great ways to add some of these ingredients to your diet and beat the summer heat while you do. Smoothies! Here are five possibilities.

Easy Cranberry Smoothie (One serving)

Cranberries are the unsung heroes of the fruit world, with antioxidants, fiber, manganese, and vitamins C, E, and K.

- 1 medium banana
- 1 cup fresh cranberries
- 1 fresh orange, peeled

Place all ingredients in a blender and blend on high until completely smooth, about one minute. If needed, add a small amount of cold water to reach desired consistency.

Orange Creamsicle Popsicle (12 pops)

- 4 naval oranges
- 14 ounces full fat coconut milk
- 2 tablespoons pure maple syrup
- 1 tablespoon vanilla extract

Zest and juice the oranges. The zest should come out to about ¼ cup and approximately 1 cup juice. Add all ingredients to a blender, or use an immersion blender, and process until all ingredients are fully incorporated. Carefully pour into your popsicle molds and freeze overnight.

Green Smoothie (Two servings)

You knew we had to include one 'green' smoothie. They just seem more healthy! With this one you'll get the benefits of spinach's iron and antioxidants without tasting anything green, thanks to naturally sweet mango and banana.

- 2 cups 1 percent milk or nondairy milk of your choice
- 1 large ripe banana
- 2 cups fresh baby spinach, packed
- 1 cup frozen mango chunks
- 2 tablespoons ground flaxseeds (optional)

Add all ingredients to a blender and blend until completely smooth, about one minute. Stir as needed to allow all ingredients to blend fully.

Pink Grapefruit Smoothie (Two servings)

Grapefruit is extra hydrating, the banana adds potassium, and the chia seeds contain omega-3 fatty acids as well as fiber and protein.

- 1 grapefruit, peeled
- 1 large banana, frozen
- 1 cup plain, fat-free unsweetened Greek yogurt
- 1 cup plain, unsweetened soy milk (or milk of your choice)
- 2 tablespoons chia seeds

Place all ingredients in a blender and blend on high until completely smooth, about one to two minutes.

[One more smoothie on page 5]

Cancer Can be Less Painful

Use it or lose it is an expression we've all heard. It's usually associated with moving our bodies. Exercise is a huge part of health, and more and more cancer specialists are understanding and sharing its benefits with their patients.

More Activity (even walking) = Less Pain

A recent study conducted at the University of Melbourne in Australia examined exercise habits and pain levels for more than 10,000 cancer survivors and more than 51,000 adults without any history of tumors. Roughly half the adults in each group got the equivalent of at least 150 minutes a week of moderate or vigorous physical activity (a little more than 20 minutes a day), the minimum recommended under U.S. exercise guidelines. Compared with cancer survivors who didn't get at least this much exercise, those who did were 16 percent less likely to experience intense pain. And the best news is, the majority of people in the study with and without a cancer history reported that walking was their main form of exercise.

Authors of the study say that in general people who are more active have less pain. This may be related to some of the specific benefits of exercise, which include biochemical, neuromuscular, and psychological effects. Physical activity can improve the amount of oxygen tissues get; it may reduce weight that can increase pain; it can also decrease fatigue and improve mood and sleep, thus helping reduce anxiety.

Neuropathy Symptoms Can Be Eased

Another specific area in which exercise is being found to help is reducing neuropathy, or nerve pain, during cancer treatment. The improvement of cancer therapies over the years has brought better survival rates, but any of the medications – including chemotherapy and modern immunotherapies – can attack the nerves along with tumor cells and cause neuropathy, leaving 65 to 85 percent of patients experiencing pain, balance issues, or feelings of numbness, burning or tingling. Although these debilitating symptoms can go away after cancer treatment ends, they become chronic about 50 percent of the time.

A small study was conducted in the department of Sport, Exercise, and Health at the University of Basel in Switzerland. Researchers randomly placed 158 people receiving chemo into one of three treatment groups:

- Sensorimotor training twice a week for 15-30 minutes per session. These exercises focused on balance, such as standing with one foot in front of the other, as if on a balance beam. People in this group did four exercises per session. Each exercise was performed three times for 20 seconds, with a 40-second rest between sets.
- Whole-body vibration training twice a week for 15-30 minutes per session. Patients would stand on a side-alternating vibration platform on their forefeet (front of feet) for four sets of 30-60-second vibration periods, followed by a minute of rest. The rapid rocking of the platform causes a tilting motion of the pelvis (as in walking) but much more frequently. This activates muscles in the legs, abdomen, and up through the core.
- Standard care. Chemo and recommended medications, but not physical therapy.

The physical therapy sessions were conducted during the same time period as the chemotherapy treatment sessions and participants were assessed 12 weeks after completing their course of chemotherapy. Regular examinations over the next five years showed that about 70 percent of the control group (those who received standard care) developed chemo-induced peripheral neuropathy compared with 30 percent in the sensorimotor training and 41 percent in the whole-body vibration group. In other words, the exercises undertaken alongside chemotherapy reduced the incidence of nerve damage by 50 to 70 percent.



*"Life is a song,
sing it. Life is a
struggle, accept
it."*

~ Mother Teresa

Chocolate Hazelnut Smoothie (Two servings)

And the piece de resistance (I wish we could show you a picture of this amazing smoothie.) Don't feel guilty making this; there is no added sugar and it has the benefit of gut-friendly probiotics thanks to kefir, a fermented dairy drink. Hazelnuts provide an excellent source of vitamin E and manganese, and dates are a natural sweetener.

- 2 cups hazelnut milk or chocolate almond milk, unsweetened
- 1 cup vanilla or plain low-fat kefir
- 2 medium bananas, peeled, frozen
- ¼ cup toasted hazelnuts
- ¼ cup pitted dates
- ¼ cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 teaspoon espresso powder
- Toasted hazelnuts, chopped, topping (optional)
- Dark chocolate, chopped, topping (optional)

Add all ingredients to a blender and mix on high until completely smooth, about two or three minutes. Divide between two glasses, and top with dark chocolate and hazelnuts, if using.

Salud!

A Caregiver Speaks Honestly

As longtime readers of this newsletter may know, I listen to podcasts, and my favorite one is “Everything Happens,” hosted by Kate Bowler (the title taken from her first book, “Everything Happens for a Reason and Other Lies I’ve Loved”). Kate was diagnosed with stage IV colon cancer when she was 35 and given very poor odds; now, nine years later, having been declared cancer free, she continues to teach at the Duke Divinity School, publish memoirs and books of blessings, do a weekly podcast, and speak all over the world. Her podcast guests include religious leaders, health care workers, authors, celebrities – i.e., people from all walks of life, both famous and unknown. In a conversation she had last year, Kate and Bozomo St. John, a marketing executive at Netflix, talked about love and loss. Bozomo lost a baby in childbirth and a few years later, after successfully giving birth to a daughter, found herself taking care of both her husband and mother as they battled cancer. She spoke movingly and honestly about caregiving and loss and its aftermath. Her honesty might help our readers who are or have been in the same situations. (The following are excerpts from a transcript of Bozomo’s comments during the conversation.)

“You know, we often talk about survivors of cancer as the patient, right, but never as a survivor as a caretaker. And there are survival tactics, and then wounds that come off of that survivor that exist, and we don’t talk about that. It’s a very difficult place to be because I didn’t feel I had the permission to express my frustration, my fear, my anger, my exhaustion. I didn’t have permission to do that, because who am I compared to the people who are sick? Like, how do you even fix your face to say that? How do I say I’m tired? When he’s just gone through chemo and radiation? How do I say I’m scared when my mom is on her second battle? And she doesn’t know if there’ll be a third. How do I say I need some relief when they’re both sitting there with hair falling out and don’t even want to look at themselves in the mirror? How do you express that as a caretaker? You can’t, you don’t have the permission to. But I’m a caretaker for my kid, I’m a caretaker for my estranged husband, I’m a caretaker for my mom. And I’m just trying to keep all the balls in the air and not complain about it.”

Bozomo gave birth to a daughter after losing her first daughter and when doctors told her her husband Peter’s cancer was untreatable, she asked him to write letters to their daughter that Bozomo could give her after he was gone. He did not, which was something she deeply regretted.

“I can look at him and want to just squeeze him and like, just get all the love and the hugs, and remember his arms around me and at the same time I’m just like, I also want to strangle you because I really need you to write these letters. Just like this hug now is going to turn into murder. Yes, because there were many times now where I’ll think I told you should have written that letter, because I can give it to her right now you know, it’s like, the day that she told me about her first crush. I was like, Peter, if you had written that note that I told you to write when she first finds that. And I’m thinking about her 16th birthday, which is in two years, and I’m like, oh, I wish she had something to read from her dad.”

One other regret Bozomo expressed concerned Peter’s voice. Her daughter was upset because she said she couldn’t really remember her dad’s voice. Bozomo said she wished she had set her phone on record when she and her husband had had conversations, so her daughter could always hear her dad’s voice.

Visit Us on the Web
Www.hopelifeline.org
<http://www.hopelifeline.org>
"Like" Us on Facebook:



"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."



RETURN SERVICE REQUESTED

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 244-2174

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