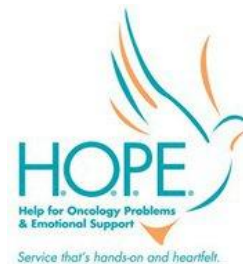


H.O.P.E. LIFELINE



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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.

Kicking off November with our Fall Basket BINGO!!!! Sunday, Nov. 2nd ~
New Freedom Community Building 150 E. Main St., New Freedom PA 17349. Doors open at 12:30pm; Games begin at 2pm. Tickets still available! \$22.00 at the door! Donate items for the H.O.P.E. Food Pantry for extra chances to win prizes. Many raffles!
Great prizes! Food by Tasteful Occasions Catering! HOPE to see you!



Holiday Decor from Bloombox

November 1st—15th

Visit www.getblooming.com

In the checkout page, enter our unique code **HOPE15**



January 2026 Calendar Raffle

Winning number based on PA Lottery Evening (3) Digit Number **Available Now!**

\$20 per ticket GREAT stocking stuffers!!!

31 Chances to WIN!

- Omaha Steak Gift Card for \$300
- Ocean City Two-Night Getaway \$400
- Weekend stay at the Haven!

14 Other \$100 Gift Cards



And Lots More!



Contact the office to obtain tickets! Or order online @

<https://hopelifeline.org/calendarraffle/>



H.O.P.E.'s Office Hours are Monday through Friday, 9am—3:30pm
 Please call the H.O.P.E. office (717-244-2174) in advance to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry
- Dropping off donations, etc.

Looking to Help? Here's How You Can Donate — Even Beyond Dollars! H.O.P.E. is staffed entirely by volunteers and funded through the generosity of others. Your support, whether through time, goods, or financial gifts, helps us continue to serve others.
Ways You Can Give: Volunteer: Reach out to us for volunteer opportunities. **Financial Donation:** Online, or mail using our mailing address. All donations are tax-deductible and go directly toward supporting cancer patients and their families. <https://hopelifeline.org/donate-online/>. **Shop Our Amazon Wish List:** Visit [Amazon.com](https://www.amazon.com), under "Registry" search for "HOPE 2025 Wish List" to see items we have listed. **Pantry & Essentials Donations:** Shelf-stable pantry items, laundry detergent, paper products, freezer items, even gift cards for food/gas—these everyday items make a huge difference for our families. Call ahead to drop off. **Leave a Legacy:** Consider making a "Leaving a Legacy" contribution to H.O.P.E., a meaningful way to ensure that, for years to come, cancer patients and their families continue receiving the care, comfort, and support they deserve. Thank you for your kindness and generosity, bringing hope to our community. Every contribution, no matter the form, makes a real difference. We're deeply grateful!

FROM THE EDITOR'S DESK

November Reflections: A Season of Gratitude at H.O.P.E.

As the crisp November air settles in, and the vibrant colors of autumn remind us of change and renewal, we're invited to pause, to take a breath amidst life's busyness and reflect on what truly matters. November isn't just a season of giving thanks; it's a gentle reminder to slow down, open our hearts, and find gratitude in the everyday moments that shape our lives.

A Season of Gratitude

In our already busy lives, Thanksgiving can sometimes feel like a heaping helping of stress rather than a chance to savor genuine thankfulness. But by embracing simple practices year-round, we can nourish a deeper sense of gratitude—reducing tension, lifting our spirits, and enhancing our overall well-being.

What is gratitude?

Gratitude is the practice of recognizing the good things in your life and the role that others play in them. It's about taking a moment to notice the kindness, love, and support that surround you. Gratitude isn't difficult—it just takes intention. Set aside a few minutes each day to reflect on what went well and who or what you're thankful for.

While gratitude can arise spontaneously, some people are naturally more inclined to feel it often. Still, it's something we can all cultivate—by recognizing and appreciating those who bring joy, peace, skill, or comfort into our lives.

At H.O.P.E., we take a moment to reflect the many blessings that have come our way, sharing our gratitude:

- The wonderful volunteers, whether working in the office, cutting wood, tending the grounds, providing food for our events, keeping the Haven clean, each one adds their special touch and blessing to H.O.P.E. all around.
- The families/friends that have stayed this year at the Haven, taking that much needed vacation, enjoying the precious gift of time with one another.
- The caregivers that graciously volunteered their time to help each family during their stay at the Haven this year.
- The generous donors who believe in our mission and support our cause. Sending us surprise mail, making online donations, even raising funds for H.O.P.E. at other locations/fundraisers.
- The amazing supporters who attend our events. From reoccurring events, to new events, from sponsoring, setting up, cleaning up, and simply showing up.
- To those that share of H.O.P.E. in our community. Whether asking for material to share, or welcoming us to attend, helping to spread our mission.
- Those kind-hearted individuals and organizations who adopt families or take a mitten from the tree at Christmas. Spreading Christmas blessings, warming hearts.
- Those that fill our pantry monthly, keeping it stocked for our families to shop. Lessening an expense, and worry for them.
- Even those thoughtful souls who collect stamps and send them our way.

The list of gratitude simply goes on and on. Each act of kindness, large or small, helps sustain our mission and strengthens the fabric of our community. For all of this, and for all of you, we are deeply thankful.

H.O.P.E.'s Angel Corner: Our Angel Corner is a space to share blessings, joys, gratitude, and those special moments that have truly touched our hearts here at H.O.P.E. Throughout the year, we have celebrated countless blessings that have come our way. Each month offering a moment to reflect, express joy, and to smile at the stories that remind us why we do what we do. October sure was a busy month, but as we look back, our hearts smile over the many blessings it brought. We were honored to be welcomed at new events and touched by the generosity of our local community. One story that truly stood out was that of a young local boy with a big idea, hosting a restaurant night at his home to raise money for local charities. What a beautiful example of a family teaching the importance of giving! It's a wonderful reminder that you're never too young to learn how to give, to give back, and to help one another. Kindness doesn't have to come in grand gestures; it can be found in the small, everyday moments. A smile, a kind word, a helping hand, or a simple act of thoughtfulness can brighten someone's day and ripple far beyond what we see. Let's carry that spirit forward, finding a way, each and every day, to do something kind. Together, we can make giving and kindness a beautiful daily habit that uplifts both others and ourselves.



*"What if, today,
we were grateful
for everything?"*

~ Charlie Brown

If you would prefer to receive our newsletter by email (plus help us save postage), please send an email to our Assistant Director

Abby Streett,

*assistant@hopeforcancerfamilies.org
She'll put you on our email list
(plus it will have color!) Thanks!*

Together, This November, We Honor, Raise Awareness, and Spread H.O.P.E.

This month, we come together to recognize and support the many faces of courage!

Those fighting, those caring, and those remembering.

We Honor: Caregivers — The quiet heroes who walk beside their loved ones every step of the way, offering strength, comfort, and unwavering support.

We Raise Awareness For:

Lung Cancer— Every breath matters. Lung cancer takes more lives than any other cancer, yet early detection can save so many. Awareness means hope—and hope saves lives.

Neuroendocrine Cancer— Often called the “silent” cancer, neuroendocrine tumors can hide in plain sight for years. By raising awareness, we give patients a voice and bring this rare disease out of the shadows.

Pancreatic Cancer— is relentless—but so are we. Awareness fuels research, and research fuels hope for earlier detection and better outcomes for every fighter and survivor.

Stomach Cancer— often begins quietly, but its impact is anything but silent. Together, we can shine a light on prevention, early detection, and the strength of those facing it.

These cancers may be lesser-known, but the battles faced are just as real, and the need for awareness, early detection, and compassion is just as vital. We Spread H.O.P.E. By standing together, sharing stories, and showing up for one another, we bring light to the darkness and hope to the journey. Let’s make November a month of purpose, unity, and healing.



Honoring Caregivers this November

November is a time to pause and honor the *quiet heroes* among us — the caregivers. These remarkable individuals walk beside their loved ones every step of the way, offering strength, comfort, and unwavering support through life’s most challenging moments. Their love shows up not in grand gestures, but in the countless small acts of kindness, patience, and sacrifice that make all the difference. Being a caregiver is one of the most selfless roles a person can take on. It demands time, energy, and heart, often leaving little room for rest or renewal. Yet, even heroes need care, too.

As we honor caregivers this month, let’s remember the importance of looking after them as well. A simple break, a listening ear, or a helping hand can make a world of difference.

If you know a caregiver, reach out. Offer to sit with their loved one for an afternoon, bring a meal, or simply remind them that they’re not alone. Sometimes, the greatest gift we can give is time, time for them to breathe, to rest, to be cared for in return.



H.O.P.E. Apparel Alert! We've stocked up! Available at BINGO on Nov. 2nd, or purchase at the office. Check out our NEW shirt design, along with the beloved "There's No Place Like H.O.P.E." T-shirts available in Teal, Navy, Gray, or Maroon! Limited quantities of cozy sweatshirts and zip-up styles too. Sizes range from Medium—2X. Grab yours before they're gone! Prices range from \$20-\$35 each.



Dealing With the Emotional Side Effects of Cancer

Just as cancer treatment affects your Physical health, it affects the way you feel, think, and do the things you like to do. Besides evoking many emotions that may surprise you, the treatment may actually change how your brain works and how you process thoughts and emotions. Many of you have heard about chemo brain; there is scientific proof that it is real. Just as you need to take care of your body after treatment, you need to take care of your emotions as well. Research shows that one out of four people with cancer reports memory and attention problems after chemotherapy. More research is needed to learn what causes these changes. These changes can begin soon after treatment ends, or they may not appear until years later. No matter the severity of the chemo treatment, patients have reported memory changes.

Each person's experience with cancer is different, and the feelings, emotions, and fears that you have are unique as well. The values you grew up with may affect how you think and deal with cancer. Some people may feel they have to be strong and protect their family and friends, while others seek support from loved ones or others outside the family. Whatever you decide, it is essential to do what is right for you and not compare yourself to others. After treatment, you may feel like your safety net has been pulled away, and you get less attention and support from your health care providers. Your family and friends expect you to be "over it" now and move on. It is essential to reach out to others in similar situations, such as a support group where people understand what you are feeling and experiencing.

Worrying about the cancer recurring is normal, especially during the first year after treatment. This is one of the most common fears people have after treatment. Even years later, this fear may always be at the back of their minds, commonly known as SCAN fears. For some, the fear may be so strong that they no longer enjoy life, sleep well, eat well, or even go to follow-up visits. Being open and dealing with their emotions helps many feel less worried. People found that when they express feelings like anger and sadness, they are more able to let go of these feelings. Some sort out their feelings by talking to others, such as family, friends, counselors, or other survivors. Working towards a positive attitude can help you feel better about life. Use your energy to focus on well-being and what you can do now to stay healthy.

When you were diagnosed, you may have put specific issues aside for a while, such as concerns about family, work, or finances. Now that treatment is over, these issues may begin to resurface just when you are tired and may feel that there is already too much to handle. When you feel overwhelmed with these issues, take a break and go for a walk, put on relaxing music, or talk to a friend or family member. For some, this type of depression can be attributed to changes in the way the brain works caused by the chemo. If you feel you are suffering from this type of depression, please reach out to your doctor.

Support Group ~ Wednesday, Nov. 12th @ 7pm @ H.O.P.E. ~ Topic: Anything

13275 Blymire Hollow Rd., Stewartstown, PA 17363

The Importance of a Support Group When Dealing with Cancer: Facing cancer can be one of the most isolating and overwhelming experiences a person can go through. While medical treatment focuses on the body, emotional healing often requires the strength of community. That's where a support group becomes invaluable. Support groups offer a safe space where individuals can share their fears, struggles, victories, and everyday challenges with people who truly *understand* what they're going through. Whether it's sharing tips for managing treatment side effects, expressing grief and anger, or simply having someone to listen, these connections foster resilience and hope. For many, just knowing they're not alone is the first step in healing. If you haven't tried our support group yet, we warmly encourage and invite you to join us this month.

Looking ahead to the New Year, with inclement weather, darker evenings, even factoring in busy schedules, we understand evening travel may not work for everyone. Would a daytime group work better for you, even in addition to our evening meeting? Our evening times are not going away, just pondering new ideas with the New Year fast approaching. Also, ideas with guest speakers? Let us know, and come find comfort, strength, and understanding here at H.O.P.E.

We are here for you!

**Reminder, no
support group in
December**



"When we speak our pain, we make room for healing, not just our own, but for others too."

"Strength looks different for everyone. Some carry others; some let others carry them. Wherever you are, keep HOPE close, your way is the right way, as long as it's true to you."

Foods to AVOID or LIMIT If You Have Lung Cancer: Usually we're recommending foods you should eat (or drink) while you're being treated for cancer. but, of course, there are also foods that are best steered clear of. Lung cancer treatment can cause side effects like fatigue, nausea, vomiting, diarrhea, and taste changes, and your dietary choices can affect your symptoms. Diets that include plenty of fruits, vegetables, lean protein, and whole grains can help ease uncomfortable symptom, but other foods can magnify them. avoiding these foods can make the journey easier.

- Spicy foods. Chili peppers, hot mustard, and other spicy foods can irritate your stomach lining and cause uncomfortable gastrointestinal flare-ups. Foods loaded with hot flavor can also worsen mouth sores that often happen with chemotherapy treatment.
- Steak. You need plenty of protein during lung cancer treatment, but a steak may not be your best option. Red meats like beef, pork, and lamb have excessive saturated fats and compounds that can increase your risk for other cancers. For protein sources, look to chicken, fish, turkey, nut butters, beans, and whole soy foods.
- Tomatoes. These are highly acidic, and eating them can worsen digestion problems. Other foods high in acid can do the same, such as citrus fruits, coffee, and vinegar, as well as irritate mouth sores.
- Alcohol. Although it's a beverage, alcohol can cause dehydration if you're undergoing chemotherapy or radiation. Even one glass or wine or beer can contribute to dehydration as well as increase symptoms like nausea and vomiting.
- Runny eggs. Your body's immune system can't function at its best during lung cancer treatment, so it is important to avoid unnecessary exposure to infectious germs. Eggs that are cooked over-easy, poached, soft-boiled, or sunny-side up, could carry salmonella, a bacterial bug that causes stomach flu-like symptoms. Also avoid Caesar salad dressing, homemade eggnog, raw cookie dough, hollandaise sauce, and homemade mayonnaise.
- Sushi. A suppressed immune system during cancer treatment also puts you at a higher risk for foodborne parasites, bacteria, and viruses from undercooked foods like sushi.
- Deli meat. We have told you before to avoid eating deli meat because of the preservatives and nitrates it contains. Here's another reason. Deli meats can contain a type of bacteria called listeria, which can cause a serious infection in people with a weak immune system. Processed meats are also high in saturated fat, which can exacerbate post-treatments such as nausea, bloating, reflux, and heartburn.

If you feel overwhelmed by your dietary limitations or don't have much of an appetite due to treatment, your healthcare provider can refer you to a registered dietitian, who can help you design a diet that's safe and appetizing.

H.O.P.E.'s Happenings



Help Make Christmas Magical! If you'd like to help one or more of our families experience a truly magical Christmas, visit one of our **Angel Trees** located at:

- Stewartstown Baptist Church
- Stewartstown Presbyterian Church
- J & B Grill Restaurant (Shrewsbury)
- LHM Physical Therapy (Shrewsbury Walmart Commons)
- Main Street Beauty Works (Shrewsbury)
- Mason Dixon Baptist Church (New Freedom)
- M & T Bank (Stewartstown)

Each tree has crafted mittens, that include special wishes of children and families of H.O.P.E. you can help bless this Christmas season. Even decades later, we hear how H.O.P.E. gave them a magical Christmas they otherwise would not have had.

Your kindness can make that same difference today.

Check out our H.O.P.E. Table @ North Hopewell

Winterstown Elementary
12165 Winterstown Rd,
Red Lion PA 17356
Holiday Shop



Thurs, Dec. 4th, 5-7:30pm

Plan ahead ~ Mark your 2026 Calendar NOW

Tropical Smoothie—Wednesday, Jan. 21st

630 Shrewsbury Commons Ave Shrewsbury, PA 17361

7am-9pm

All Day Spirit Day!

Certain % of sales from the day will be given to H.O.P.E.

No flyer needed, just spread the word, and stop in!

*FYI an inclement weather date is set for Tues., Jan. 27th



CONNECT WITH H.O.P.E.

Physical Address: 13275 Blymire Hollow Rd., Stewartstown, PA 17363

Mailing Address: P.O. Box 279, Stewartstown, PA 17363

Phone: 717-244-2174

Website: <https://hopelifeline.org>

Make an online donation: <https://hopelifeline.org/donate-online/>

Email: barb@hopeforcancerfamilies.org and/or assistant@hopeforcancerfamilies.org

“Like” & Follow Us on Facebook: H.O.P.E. (Help for Oncology Problems & Emotional Support)

Follow us on Instagram: https://www.instagram.com/h.o.p.e._haven?igsh=MmdpejVoZWWh5dDM2&utm_source=qr



“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
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(717) 244-2174

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