August 2026

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.

H.O.P.E.
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Abby Streett
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H.O.P.E.'s Office Hours are
Monday through Friday,
9am—3:30.pm
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.

Support Group

Wednesday, August 12th
7:00pm
SPECIAL GUEST!!
Physical Therapist
Here at the H.O.P.E. Office
13275 Blymire Hollow Road
Stewartstown PA 17363
more info on page 4

Come see H.O.P.E. at…

National Night Out
Tuesday, August 4th
5-8pm
Winterstown United Methodist Church
12184 Winterstown Rd.
Felton, Pa 17322
An evening of FREE food, FREE games,
raffles, music and fun!

Spots are filled for our…

Take a Swing at Cancer
18th Annual Golf Classic Tournament
To all that registered early, reminder it's Saturday, August 22nd
Hickory Heights Golf Course
Spring Grove, PA
50/50 tickets available at the HOPE office!!!
Don't miss out on a chance to win!!!
Call the office to get your lucky 50/50 ticket!!
717-244-2174

Come see H.O.P.E. at the …

New Freedom Lions Club Community Health & Wellness Fair!
Saturday, August 8th 10:00 AM – 2:00 PM
New Freedom Community Center 150 East Main Street, New Freedom PA
Be sure to stop by the **H.O.P.E.** table to learn more about how we support cancer patients and their families. The Health & Wellness Fair will also feature **FREE health screenings**, community resources, mental health information, blood pressure checks, vision and hearing information, senior services, veteran resources, and much more.

Support a Special Cause – Paige's Playhouse
Drawing Date: August 28th here at H.O.P.E.
Get Your Lucky Ticket Today! Tickets are available for purchase at the **H.O.P.E. Office** or the **York County Prison Business Office**. For just **$20 per ticket**, you'll have the opportunity to win one of many incredible prizes, including a **$500 Gift Card** and a variety of premium outdoor gear generously donated by **Dover Tactical**. Can't stop by? Mail your donation to H.O.P.E., and we'll mail your raffle ticket(s) to you!

As summer winds down and a new season begins, thank you for continuing this journey with us. Together, we are lightening burdens, strengthening families, and reminding every cancer patient that hope is never out of season.

Hello, August! Can you believe August is already here? As summer begins to wind down and Back-to-School season approaches, H.O.P.E. remains committed to walking beside every cancer patient and family. Whether you're facing cancer yourself or supporting a loved one, you are never alone.

As backpacks are packed and new routines begin, we're preparing to meet the needs of our cancer families—from stocking our food pantry to providing school supplies for children heading back to the classroom. None of this would be possible without our incredible volunteers, donors, community partners, and supporters. Your generosity continues to lighten burdens, strengthen families, and remind them that hope is always within reach.

Congratulations to all of our **July Calendar Raffle** winners, and thank you to everyone who purchased a ticket! Your support made this year's Summer Edition a success. (And don't worry—we're already planning our January Calendar Raffle, which makes the perfect Christmas stocking stuffer!)

Another reason to celebrate, **every August weekend at the H.O.P.E. Haven is fully booked!** There is nothing more rewarding than watching families embrace the peace of our 18-acre retreat, reconnect with one another, and enjoy a well-deserved "vacation from cancer." While August is full, weekends are still available through the beginning of November. If you or someone you love could benefit from time away to rest, recharge, and simply be together, give us a call. We'd love to help you plan your stay.

Here's to an August filled with the continued promise of H.O.P.E.

H.O.P.E.'s Angel Corner

One Ride. Countless Blessings.

Sometimes, one connection can change everything. More than 20 years ago, the **Twin Rose Lady Riders** chose to ride beside H.O.P.E. That one partnership became the beginning of a journey filled with incredible friendships, unwavering support, and countless blessings. Through the TRLR's, we were introduced to the **Mid-Atlantic Women's Motorcycle Rally (MAWMAR)**, who adopted H.O.P.E. more than 15 years ago. Their generosity and enthusiasm have continued to bless our mission, and we were honored once again to gather with them this June in Gettysburg. That growing circle of support also led us to the **Battlefield HOG Chapter #4330**, whose members have faithfully stood alongside H.O.P.E. for many years. We were grateful to spend another wonderful weekend with them this July, celebrating not only their generosity but the friendships that have grown along the way. But what makes these partnerships so special is that they don't end when the events are over. Year after year, these incredible groups continue to support H.O.P.E., not just during their annual rallies and fundraisers, but throughout the entire year. We receive thoughtful cards, encouraging messages, updates from members, generous donations, and even support with the holidays. Their kindness is constant, and their hearts for serving others are evident in everything they do. Over the years, the members of these organizations have become so much more than supporters. They haven't just introduced us to new connections, they have become family. They have become dear friends who celebrate with us, pray for us, encourage us, and stand beside us through every season of our mission. As we now look ahead to September and another event with our longtime friends, the Twin Rose Lady Riders, we're reminded that this story is about so much more than motorcycles. It's about hearts with a purpose. The power of their engines is matched only by the compassion that drives them. They ride not only for the open road, but for cancer patients and families who need hope, encouragement, and support. To every rider, every chapter, and every organization that has welcomed H.O.P.E. into their family, thank you for riding beside us. Your miles have carried more than motorcycles; they have carried hope, built lasting friendships, and become part of the H.O.P.E. family. We are forever grateful. **Thank you!!!**

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!

Honoring World Lung Cancer Day – August 1st

Understanding Lung Cancer: Awareness, Early Detection & Hope

Submitted by Abby Streett, Assistant Director at H.O.P.E.

Reference list: Patient Resource LLC https://patientresource.com/Lung_Cancer

Every year on **August 1, World Lung Cancer Day** shines a light on the importance of education, early detection, and supporting those whose lives have been touched by lung cancer. It is a day to raise awareness, reduce stigma, and remind patients and families that they are not alone.

Lung cancer begins when abnormal cells in the lungs grow uncontrollably, forming a tumor. While it is one of the most common cancers worldwide, advances in screening, targeted therapies, immunotherapy, and personalized treatments continue to improve outcomes and offer new hope.

Know the Types: There are two main types of lung cancer:

- **Non-Small Cell Lung Cancer (NSCLC)** – The most common type, accounting for about 85% of lung cancers. It includes adenocarcinoma, squamous cell carcinoma, and large cell carcinoma.
- **Small Cell Lung Cancer (SCLC)** – A less common but more aggressive form that often spreads quickly and requires prompt treatment.

Each person's diagnosis is unique, making it important to understand your specific type and discuss treatment options with your healthcare team.

The Importance of Early Detection—Lung cancer often develops without noticeable symptoms in its earliest stages, which is why **screening can save lives**. For individuals at high risk, a low-dose CT scan can detect lung cancer before symptoms appear, when treatment is often most effective.
If lung cancer is found before it spreads, the five-year survival rate improves significantly. Talk with your healthcare provider about whether lung cancer screening is right for you.

Know the Warning Signs—Although symptoms can vary, common signs of lung cancer may include:

A persistent or worsening cough; Chest pain; Shortness of breath; Coughing up blood; Hoarseness
Unexplained weight loss; Fatigue; Frequent lung infections

Having these symptoms does not necessarily mean you have lung cancer, but they should always be discussed with your healthcare provider.

Be an Active Partner in Your Care—A cancer diagnosis can feel overwhelming, but knowledge is empowering. Don't be afraid to ask questions, seek reliable information, and lean on your healthcare team, family, and support network.

Helpful ways to stay involved include:

- Attend all medical appointments.
- Take medications as prescribed.
- Maintain a healthy lifestyle as you're able.
- Keep communication open with your healthcare providers.
- Reach out for emotional support when you need it.

Remember, asking questions and seeking clarification are important parts of your care journey.

Honor – Remember – Support—Lung cancer affects people from all walks of life, including those who have never smoked. On this World Lung Cancer Day, let us honor survivors, remember loved ones, support those currently in treatment, and continue advocating for research, early detection, and compassionate care.

"Awareness leads to early detection. Early detection saves lives.
Hope helps us face each day with courage."

August Cancer Awareness Spotlight: Appendix Cancer

Although **appendix cancer** is considered rare, awareness can make a meaningful difference. Because symptoms are often vague, or there may be no symptoms at all, it is frequently discovered unexpectedly during surgery or imaging for other conditions. Signs may include persistent abdominal pain or bloating, changes in bowel habits, unexplained weight loss, or an increasing abdominal size. Knowing your body and speaking with your healthcare provider about ongoing concerns can lead to earlier diagnosis and treatment.

This August, we honor the strength and resilience of those living with appendix cancer, remember those we have lost, and recognize the caregivers, healthcare professionals, and researchers who continue to bring hope through advances in treatment and care.

*At **H.O.P.E.**, we know that no cancer journey should be faced alone. Whether someone is newly diagnosed, undergoing treatment, or celebrating survivorship, our mission is to provide compassionate support, practical assistance, and encouragement every step of the way. Together, we can raise awareness, inspire hope, and remind every family facing cancer that they are surrounded by a community that cares.*

ATTENTION SAUBEL'S SHOPPERS

Reminder, H.O.P.E. collects Saubel's stamps! Please save them and send them into H.O.P.E.'s office! Thank you!

Join Us for Our Next H.O.P.E. Support Group!
Wednesday, August 12th
7:00 PM

We're excited to welcome special guests:
Tia Carl, Physical Therapist, and Tammy Bray for an evening focused on **healing, wellness, and the mind-body connection.**

Discover how stress affects the body, healing, and overall well-being, and learn practical ways to build resilience through nervous system regulation. You'll also be introduced to **Qigong**, an ancient practice that combines gentle movement, breathing, meditation, and mindfulness to promote health, reduce stress, and cultivate inner peace.

Whether you're currently facing cancer, supporting a loved one, or simply looking for encouragement and practical tools for wellness, this is an evening you **won't** want to miss.

Come experience the power of connection, education, and hope. We look forward to seeing you!

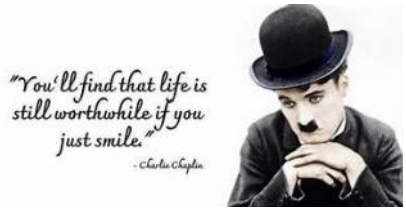
Strategies to help caregivers stay healthy

It is easy for caregivers of people with cancer to neglect their own needs. Good nutrition, adequate sleep, exercise and socializing remain important. It's crucial to not lose sight of physical and emotional health when caring for others. Caregivers may want to ask themselves the following questions every morning:

- Did I get a good night's sleep?
- How will I reduce my stress today?
- What type of exercise will I do today?
- Is it time to make or go to any appointments?
- Which friend should I connect with today?
- Is it time to treat myself?

A good read worth sharing

As I Began to Love Myself, by Charlie Chaplin



As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth.
Today, I know, this is **"AUTHENTICITY"**.
As I began to love myself I understood how much it can offend somebody As I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it **"RESPECT"**.
As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it **"MATURITY"**.
As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at exactly the right moment. So I could be calm. Today I call it **"SELF-CONFIDENCE"**.
As I began to love myself I quit steeling my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it **"SIMPLICITY"**.
As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is **"LOVE OF ONESELF"**.
As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is **"MODESTY"**.
As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening. Today I live each day, day by day, and I call it **"FULFILLMENT"**.
As I began to love myself I recognized that my mind can disturb me and it can make me sick. But As I connected it to my heart, my mind became a valuable ally. Today I call this connection **"WISDOM OF THE HEART"**.
We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others.
Even stars collide, and out of their crashing new worlds are born. Today I know THAT IS **"LIFE"!**

Here's How You Can Donate Beyond Dollars ~

We're so grateful to those who've asked how they can support us, not just financially, but in other meaningful ways. Refer to our Amazon Wish List! Go to **Amazon.com** and search the registry for **"HOPE 2026 Wish List"** or use the QR Code. Donations can be shipped using address provided.
Have items for our food pantry, or even donations for special upcoming events? Be sure to call to make arrangements to drop off donations.

Every contribution, no matter the form, makes a real difference.
Thank you for your kindness and generosity!

Upcoming H.O.P.E. event dates: *more info to come, but for now, mark your calendar(s)*

- Friday, Sept. 11th—Help the "Woodhounds" reach 100 cords of wood this year!
- Saturday, Sept. 19th—Twin Rose Lady Riders, Ride for HOPE, Eisenhauer's York Harley
- Sunday, Sept. 20th—Concert Benefit for H.O.P.E. @ Stewartstown Presbyterian Church
- Saturday, Oct. 3rd—Makers Market @ Winterstown United Methodist Church—come see us!
- Wednesday, Oct. 21st—Boscov's in York Shopping Day—support H.O.P.E.!
- Sunday, November 1st. **Basket BINGO!!!!!** New Freedom Community Building. Doors open at 12:30; Games begin at 2. Refreshments for sale by Tasteful Occasions.

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
Fax: 717-244-2354
Website: https://hopelifeline.org
Make an online donation: https://hopelifeline.org/donate-online/
Email: info@hopeforcancerfamilies.org
"Like" & Follow Us on Facebook: H.O.P.E.
(Help for Oncology Problems & Emotional Support)
Follow us on LinkedIn:
Follow us on Instagram: @H.O.P.E._HAVEN

"Every new season is a reminder that hope continues to grow, especially when we grow together."

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

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