Hello SEPTEMBER 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

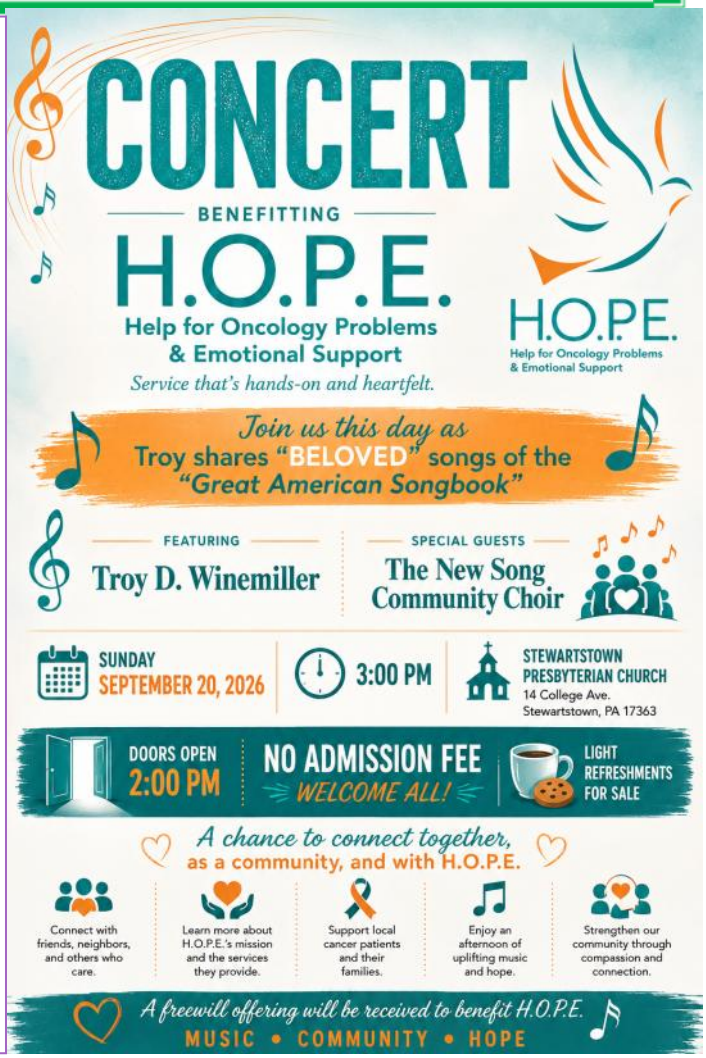
Wednesday,
September 9th @ 7:00pm
SPECIAL GUEST!!
Ned Duke—Liberty Barbell
Here at the H.O.P.E. Office
13275 Blymire Hollow Road
Stewartstown PA 17363
more info on page 3

Happening THIS Month..

Help the "Woodhounds" reach 100 cords of wood this year - Friday, September 11th!
Sun up to Sun down, here at HOPE Haven
and… **Twin Rose Lady Riders, Ride for H.O.P.E. Saturday, September 19th @ Eisenhauer's York Harley** *100 Arsenal Rd (Rt. 30)* Register 10am-1pm
(2, 3, or 4 wheels) Raffles, food truck, and TOP Prize—$100—Rain or Shine!

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 below. 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!



"When we come together to support, encourage, and care for one another, even the darkest days can hold a little more light, and a little more H.O.P.E."

September at H.O.P.E. — A Month to Spread Awareness & Hope

As we welcome September, we are reminded that **awareness can be the beginning of hope.** This month, we shine a light on several important cancer awareness observances, including Childhood Cancer, Leukemia & Lymphoma, Ovarian, Prostate, Thyroid, and Gynecologic Cancers. Each one represents countless individuals and families whose lives have been touched by cancer.

At H.O.P.E., we believe awareness is more than simply knowing the facts, it is about **seeing the person behind the diagnosis, listening to their story, offering a helping hand, and reminding them they do not have to walk this journey alone.**

September is also a time for us to reflect on the incredible community that makes H.O.P.E. possible. From our volunteers and supporters to our donors, partners, and the families we are privileged to serve, **you are the heart of everything we do.** Every act of kindness, every donation, every volunteer hour, and every encouraging word helps us continue providing support when it is needed most.

Inside this month's newsletter, you'll find ways to learn, connect, support H.O.P.E., and stay involved in our upcoming events and activities.

As we enter a new month, may we continue to **raise awareness, offer compassion, celebrate strength, remember those we've lost, and give hope to those still fighting. Together, we are stronger.**

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!

THANK YOU FOR TAKING A SWING AT CANCER! What a beautiful day on the course! A huge THANK YOU to the 130 golfers who joined us Saturday, August 22nd, for our 18th Annual Take a Swing at Cancer Classic Golf Tournament at Hickory Heights Golf Club! The rain held out, the sun came shining through, and the day turned into a beautiful August day filled with friendship, laughter, competition, and most importantly H.O.P.E. While we didn't see that lucky hole-in-one on the 17th hole this year, we certainly saw something even better: our largest turn out ever - 130 golfers, and incredible sponsors, dedicated volunteers, and a community coming together to support cancer patients and families. And THAT is a winning day in our book!

Every golfer who participated, every sponsor who invested in our mission, every volunteer who gave their time, and everyone who helped make this tournament possible played a part in helping H.O.P.E. continue to provide hands-on support to cancer patients and families.

A VERY SPECIAL THANK YOU TO OUR AMAZING SPONSORS:

W. Dale Brougher Foundation; Pleasant Valley Golf Course; A Child's Place; Kaifer Insurance; Powerhouse Generators; Knepper Lawn Care; James & Patricia Hook; Alice Simmons & the Hook Family; Sherwin Williams - Shrewsbury; Hickory Heights; Sparrows Point; Piney Branch; Geneva Farms Golf Course; Genesis Golf; She's Got Crabs; Rick Fronzak; Aces Axe Throwing; Mason Dixon Family Restaurant; Randy Whiteford; Andy Bobby & Family; The H.O.P.E. Golf Committee…and our many incredible volunteers! Your support means more than you know. Without our sponsors and supporters, H.O.P.E. could not raise the funds needed to continue helping cancer patients and families who turn to us. From our hearts here at H.O.P.E. ~ THANK YOU! Thank you for taking a swing, sharing a smile, giving your time, sponsoring a hole, bringing a team, cheering us on, and believing in what H.O.P.E. does every day. The tournament may be over, but the impact of your generosity continues. Together, we are making a difference. Together, we are helping families. Together, we are H.O.P.E.

Join Us for Our Next H.O.P.E. Support Group!

Wednesday, September 9th
7:00 PM @ the H.O.P.E. office!
We're excited to welcome special guest:
Ned Duke, Liberty Barbell Wellness
for an evening focused on **caring, wellness, and connection.**
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!
R.S.V.P. by/before Friday, Sept. 4th.

H.O.P.E.'s Angel Corner: Shining a Light of H.O.P.E.

Sometimes, a partnership begins with a simple visit, and grows into something truly extraordinary. That is exactly what has happened with the **York County Prison Employee Appreciation Committee**. On January 22nd, we were honored to welcome members of the York County Prison Employee Appreciation Committee to the H.O.P.E. Haven. Just months earlier, in October, H.O.P.E. had the opportunity to participate in their Scare Breast Event at John Rudy Park, where they generously presented H.O.P.E. with a donation from the funds raised that day. During their January visit, they toured the Haven, learned more about H.O.P.E.'s mission and services, and saw firsthand how community support can make a meaningful difference for cancer patients and their families. As they walked through the Haven and learned about Barb's vision, something truly remarkable happened, where even prison guards shed a tear. They saw H.O.P.E.'s vision board and discovered the dream of Paige's Playhouse, a place where children visiting the Haven could play, laugh, and simply be kids. They chose that vision as their own and made it their goal to help make it a reality. Seven months later, they have truly SHINED!

Through their partnership, determination, and generosity, the **York County Prison employees, together with Dover Tactical, and Todd Moose (Quality Custom Structures)** helped make Paige's Playhouse a reality. They even organized a benefit raffle featuring amazing donated prizes to help offset the costs of bringing this dream to life.

And now, as of Friday, August 28th, we gathered for a Ribbon Cutting Ceremony officially opening the doors to **Paige's Playhouse at the H.O.P.E. Haven**. What began with a visit, a conversation, and a vision board has become a beautiful place where children and families will create memories for years to come. We are incredibly grateful for the connection, partnership, and support shown by all who lent a hand and heart in this project! Their commitment reminds us of the incredible things that can happen when people take the time to listen, believe in a vision, and say, "How can we help?"

From that first visit in January to the ribbon cutting in August, they have shown us what it truly means to shine for H.O.P.E.

Thank you, York County Prison employees, for helping us keep a promise to Paige, and for helping create a place filled with laughter, memories, and H.O.P.E. for generations to come.

"A 10 –minute walk is more energizing than consuming 50mg of caffeine (half a cup of coffee)."

Managing Fatigue with Exercise: Cancer and its treatments can leave you feeling tired, but gentle, regular exercise may help you regain energy and improve your overall well-being. While exercise may seem counterintuitive when you are fatigued, activities such as walking, stretching, yoga, or bike riding can make a difference. Even a **10-minute walk** can provide an energy boost and help ease fatigue symptoms. Start slowly, listen to your body, and talk with your healthcare team about what level of activity is right for you.

Stay Hydrated Throughout Cancer Treatment: Staying hydrated is especially important during cancer treatment. Water helps regulate body temperature and remove waste and toxins from the body. Treatment side effects such as vomiting or diarrhea can cause significant fluid loss and lead to dehydration. Watch for signs of dehydration, including **dry mouth, lightheadedness, decreased urination, muscle cramps, weakness, lack of sweating, or heart palpitations.** If you experience these symptoms, contact your healthcare provider right away. **Small steps can make a big difference.** Listen to your body, stay active when you can, and keep your water bottle close. Taking care of yourself is an important part of your cancer journey.

September Cancer Awareness Month

September brings an opportunity to **learn, listen, honor, and spread HOPE** as we recognize several important cancer awareness observances. Together, we can raise awareness, encourage conversations, recognize warning signs, and remind those facing cancer that they are never alone.

Childhood Cancer—Childhood cancer remains a leading cause of death by disease among children. Warning signs can include unexplained weight loss, persistent fatigue, frequent headaches, unusual lumps or swelling, unexplained bruising, or ongoing pain. Trust your instincts and talk with a healthcare provider when something doesn't seem right. *Every child deserves the chance to grow, dream, and thrive.*

Leukemia & Lymphoma—Leukemia is the most common cancer diagnosed in children and teens, while lymphoma can affect both children and adults. Possible warning signs include persistent fatigue, frequent infections, unexplained fever, easy bruising or bleeding, swollen lymph nodes, night sweats, or unexplained weight loss. *Awareness, research, treatment, and support continue to bring hope to families.*

Ovarian Cancer—Ovarian cancer can be difficult to detect early because symptoms may be subtle or mistaken for other conditions. Warning signs can include persistent bloating, pelvic or abdominal pain, feeling full quickly, or changes in urinary or bowel habits. *Know your body, listen to your symptoms, and don't be afraid to speak up.*

Prostate Cancer—Prostate cancer is one of the most common cancers affecting men worldwide. Early prostate cancer may cause no symptoms. When symptoms occur, they can include difficulty urinating, a weak urine stream, blood in the urine or semen, or persistent pain in the back, hips, or pelvis. *Regular conversations with your healthcare provider can help you understand your risk and screening options.*

Thyroid Cancer—Thyroid cancer can affect people of all ages and is more common in women. Warning signs may include a lump or swelling in the neck, difficulty swallowing or breathing, persistent hoarseness, or enlarged lymph nodes. *Know the signs, ask questions, and stay informed about your health.*

Gynecologic Cancer—Gynecologic cancers include cervical, ovarian, uterine, vaginal, and vulvar cancers. Symptoms vary, but warning signs can include unusual vaginal bleeding or discharge, pelvic pain or pressure, persistent bloating, changes in bathroom habits, or changes to the skin of the vulva. *Knowing what is normal for your body and reporting changes can make a difference.*

Together, We Spread H.O.P.E.: We believe no one should face cancer alone. Through compassion, community, education, and support, we continue to walk alongside cancer patients and their families.

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!

Many Hands. One Mission. Endless H.O.P.E. Introducing the H.O.P.E. VolunTOUR!

Here at H.O.P.E., we truly could not do what we do without the incredible hearts and helping hands of our volunteers. From stocking our Food Pantry and preparing meals, to helping at fundraisers, caring for the H.O.P.E. Haven, assisting in the office, and sharing our mission throughout the community, **every helping hand makes a difference.** Over the past year, we've heard from many individuals who are interested in volunteering with H.O.P.E. We don't want those eager hearts to get lost! As we look toward the future, we're excited to create a special opportunity to connect with new and prospective volunteers while also celebrating the volunteers who already make H.O.P.E. possible.

SAVE THE DATE FOR THE H.O.P.E. VOLUNTOUR!

Thursday, October 22nd, 2026

Daytime Session: 1:00–3:00 PM Evening Session: 6:30–8:30 PM @ H.O.P.E. Haven

The H.O.P.E. VolunTOUR will invite prospective and newer volunteers to tour the Haven, learn more about our mission and the families we serve, meet some of our amazing volunteers, and discover the many ways they can become involved. Guests will have the opportunity to rotate through different stations and hear firsthand about volunteer opportunities such as:

- **Food Pantry:** organizing, collecting donations, and providing frozen meals
- **H.O.P.E. Haven Projects:** gardening, maintenance, wood projects, and seasonal clean-up
- **Events & Fundraisers:** helping with Golf, BINGO, Give Local York, and other H.O.P.E. events
- **Office Assistance:** helping with projects and administrative tasks during the week
- **H.O.P.E. Ambassador:** sharing our mission, distributing information, helping with errands, sponsorships, donations, and more

And to our **current H.O.P.E. volunteers, this event needs YOU, too!** Who better to share the heart of volunteering at H.O.P.E. than the people who already give their time, talents, and compassion? We hope you'll consider helping us welcome and guide those who are ready to discover their own place within the H.O.P.E. family. **Light refreshments will be provided, and prospective volunteers are asked to RSVP by Thursday, October 15th.** If you are interested in attending, volunteering, or simply learning more about how you can help, please contact the H.O.P.E. office **717-244-2174** or info@hopeforcancerfamilies.org.

We are excited to open our doors, share our mission, and bring even more helping hands together.

Because at H.O.P.E., many hands truly can make a lasting difference. Many Hands. One Mission. Endless H.O.P.E.

H.O.P.E.'s Happenings

- **Saturday, September 12th**—Car Show at Chanceford Church in Airville—3pm-7pm. Proceeds benefit H.O.P.E.
- **Wednesday, Oct. 21st**—Boscov's in York Shopping Day—support H.O.P.E.! Purchase your shopping pass at H.O.P.E. office/event. $5.00 per pass, and 100% of each pass sold goes straight to H.O.P.E.

Basket BINGO!!!!!

Sunday, November 1st

New Freedom Community Building

150 E. Main St., New Freedom PA 17349

Doors open at 12:30; Games begin at 2.

Refreshments for sale by Tasteful Occasions.

Tickets available NOW—at H.O.P.E. office/H.O.P.E. event

Interested in sponsoring a basket, donating a prize, just reach out to us! We are so appreciative of the communities support!

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

"As the season shifts, let rest and reflection be your harvest."

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

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