



December 2016

H.O.P.E. LIFELINE



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H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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 717-227-2824.

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 with offices on the second floor of the New Freedom Community Center at

150 East Main Street, New Freedom, PA 17349

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) 227-2824

The Christmas Pledge

Believing in the beauty and simplicity of Christmas, I commit myself to the following:

- 1. To remember those people who truly need my gifts.*
- 2. To express my love for family and friends in more direct ways than presents.*
- 3. To rededicate myself to the spiritual growth of my family.*
- 4. To examine my holiday activities in light of the true spirit of Christmas.*
- 5. To initiate one act of peacemaking within my circle of family and friends.*

Support Group Meeting

Happy Holidays.
We'll see you in January.



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FROM THE EDITOR'S DESK

Where does the time go? That phrase is probably spoken by all of us more and more in our increasingly hustle-bustle lives. In this era of 24/7 news coverage and instant communication, we are bombarded with information and reminders of things we need to do. Demands and expectations seem to come at us from all directions.

The solution? Unplug and regroup. Remind yourself of what is most important; where you can do the most good. Smile when you see someone. Stop and listen. Put yourself in the other person's place. You will be remembered not for what you did but who you were.

Our December newsletter is devoted to helping you combat the stress of the season and find comfort and meaning, starting with our Christmas pledge on page 1. Barb of all people understands how negatively stress impacts everyone, not just cancer patients and their families, so on page 3 we have reprinted her suggestions on how to simplify your holidays, and on page 4 she offers advice on how to help others at Christmas time. We're even giving you a couple shopping suggestions on page 5.



*“At this season,
let us be mindful
of each other.
Let us know the
shelter of one
another. Let us
be the angels we
have heard so
much about.*

- Corinne DeWinter

ON A POSITIVE NOTE...

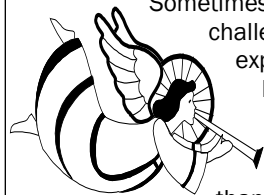
Christmas

by Anonymous

*Every time a hand reaches out
To help another... that is Christmas.
Every time someone puts anger aside
And strives for understanding
That is Christmas.
Every time people forget their differences
And realize their love for each other
That is Christmas.
May this Christmas bring us
Closer to the spirit of human understanding
Closer to the blessing of peace!*

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

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



Sometimes we may feel all alone in the midst of a cancer journey, as life brings new challenges to overcome and hardships to bear. Then hope comes when we least expect it, in the way of a H.O.P.E. volunteer. It may be a drive to treatment, a kind word, a card in the mail, a homemade meal, or a visit that suddenly brings the feeling of being surrounded by the loving grace of God.

In the spirit of gratitude and selfless giving, we want to take the time to thank all the wonderful volunteers who make a difference in the lives of others.

Merry Christmas from Barb and everyone at H.O.P.E.

Some Words of Wisdom From A Holiday Veteran

Barb Titanish, H.O.P.E. Executive Director

It's hard to believe that Christmas is only three weeks away. We have been bombarded with TV commercials and sales flyers advertising the latest and greatest in toys. My Toys 'R Us and Target catalogs showed up before Halloween! For children this is a great time of anticipation, but for some the holidays can be overwhelming.

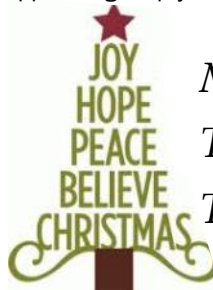
We all must realize that Christmas really isn't about the number of pretty packages under the tree, the best-decorated house on the block, or the most lavish meal served. Sometimes the most simple Christmas is the best.

Here are a few suggestions on how to simplify your holidays.

1. **BIG is Not Always Better.** Gift cards are loved by all: a quick trip to the grocery store or WalMart and you can pick up almost any kind of gift card. To dress them up buy a little stocking, fill it full of candy, gum, etc., add your gift card, and voila, you're done! And don't forget, H.O.P.E. is selling Giant cards so you can give two gifts at once. Simply call the office and let us know you'd like one and then drop by and pick it up, any weekday between 9:30 and 3:00 (with a lunch break from noon to one).
2. **Just Buy for One.** Another way to cut down on shopping (and financial) stress is to do a Secret Santa with family and friends. Purchasing one gift as opposed to several gives you the luxury of shopping for a special gift and not having to worry about pleasing everyone.
3. **Don't Feel Like Cooking? Don't!** If you are going through chemo or have other reasons for not feeling up to preparing a traditional feast, you can order a complete dinner from any of your local grocery stores and then heat it up. If you are local you can call Tasteful Occasions and order your dinner. Kim and Raffie will deliver a wonderful Christmas to your door on December 24 with directions on how to warm it up.
4. **Put Others to Work in the Kitchen.** I collect cookbooks, so every holiday I receive cookbooks with the most lavish holiday dinners pictured on the cover. I love to cook and love to cook for large crowds, but these cookbook covers even intimidate me. So instead of trying to prepare a dinner to impress everyone, how about having a pot luck dinner. You would be amazed how much fun it can be and how much stress it takes off your shoulders.
5. **Rethink "Traditions."** Sometimes we feel like a family would fall apart if we didn't follow Traditions. Trying to keep up with these can be tiring, and sometimes what you think is important to your family really isn't! So sit down and talk it over with them and see which is the most important tradition they want to follow. Christine Peck, Director of Psychological Services at Asera Care Hospice, gives this holiday advice to people who may be grieving: "Be flexible, ask for help, rest, exercise, practice good nutrition, avoid overindulgence, and commemorate the absent loved one. Holidays change for everyone over time. The greatest gift God gives us is memory. We can cherish and share our memories with one another especially on holidays and special days. While they do present unique challenges for people who are grieving, by taking special care in planning for them and being aware of your emotions, you will be able to do more than survive—you can find a new meaning in them for yourself and your family."

Judy Christie wrote in her book, *Hurry Less Worry Less at Christmas*, "Jesus came so that we can find rest, peace, and joy in him. It does not bring honor and glory to him when we wear ourselves out and become laden with chores, guilt, and debt, all for the sake of 'celebrating his birth.' I believe if we give the burden of the holidays to him, we will grow in our relationship with him."

Christmas will come whether we are ready or not. It is not about all the things we hear on TV but about faith, family, and friends. Remember this true meaning of Christmas from W. C. Jones, "The joy of brightening others' lives, bearing each other's burdens, easing others' loads, and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas."



May the spirit of Christmas bring you peace,

The gladness of Christmas give you hope,

The warmth of Christmas grant you love.

A Special Christmas Message from Barb...

The rush of the holiday season can be extremely stressful for anyone but when you are ill or grieving, it becomes overwhelming. Let's take a look at how you can help a friend or neighbor journey through this difficult time. Here are some suggestions that I found interesting. I would like to recommend the following:



“A Christmas candle is a lovely thing. It makes no noise at all, but softly gives itself away.”

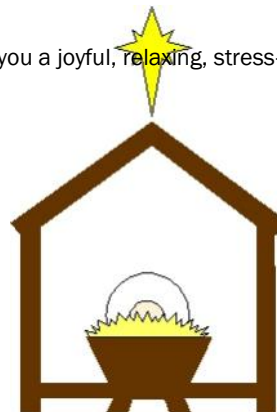
-Eva Logue

- **O**ffer to help decorate their home, decorate their tree or put up their outdoor lights. BUT don't forget to help take them down when the holidays are over.
- **B**ake cookies for them or with them.
- **S**end small gifts or cards on a regular basis (not just at holidays). This helps them know that others care.
- **M**ake a “smile jar.” Place positive quotes, song lyrics, jokes, or inspirational sayings in a decorative jar. When they're feeling down, they can select one from the jar.
- **B**uy them a Christmas classic book on tape.
- **O**ffer to help them clean their house or hire a cleaning service for them.
- **M**ake meals for them or organize friends to help, or order meals to be delivered.
- **P**hone them on a regular basis just to “check in.”
- **G**ive a book so that they can curl up with it alone or as a family. *Twas the Night Before Christmas* is a tradition for many families. *How the Grinch Stole Christmas* is another favorite. *The Best Christmas Pageant Ever* is funny for all ages. Children love the Arthur Christmas books, while older ones like Laura Ingalls Wilder's *Christmas in the Big Woods*. *The Family Under the Bridge* deals with the issue of homelessness and is written for children to understand.
- **T**ake pictures of the local lights and decorations if they are unable to go out. If they can go out, take them for a ride to see the lights.
- **V**ideotape the local Christmas play so they will still feel a part of what is happening in their community, or offer to take them to the play.

Remember that giving of yourself will be the greatest gift that you can receive. As they said about Mr. Grinch, “and his heart grew three times that day.” May your heart grow as you give the gift of friendship and companionship to those in need this holiday season.

Know that we at H.O.P.E. are here to help, so please don't hesitate to reach out if you need any assistance.

From all of us at H.O.P.E., we wish you a joyful, relaxing, stress-free and wonderful holiday.



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 assis-tant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!)
Thanks!

H.O.P.E. Has Partnered With Community Aid (Neighbors Helping Neighbors) to Collect Clothing.

We Need Your Clothing, Shoes, Bedding, Curtains, and Drapes.

These Items Will Benefit H.O.P.E. With Every Pound You Donate!



(No Small Appliances or Furniture, Please.)

The Container Is In the H.O.P.E. Parking Lot. Four More Containers Will Be Located in Shrewsbury and Stewartstown Next Year.

Energy Assistance Programs

The Pennsylvania Public Utility Commission offers assistance with heat to people who qualify. Below are some of the programs offered. For details, you can go to the website at www.puc.state.pa.

Budget Billing—All residential customers may contact their electric or natural gas company and request budget billing at any time. Each monthly bill will be the same amount. The company may adjust the bill four times a year, up or down, depending on the customer’s usage.

Customer Assistance Program (CAPS)—Can lower your monthly utility bill and may also remove the amount already owed. The company works with the customer to determine what the customer can pay versus the cost of energy used.

Customer Assistance Referral and Evaluation Program (CARES)—Helps customers with special needs such as family emergencies, divorce, unemployment, or medical emergencies.

Low Income Usage Reduction Program (LIURP)—Helps low-income residential customers lower the amount of electricity or natural gas used each month. This could include the installation of energy-saving features in the home to reduce bills.

Low-Income Home Energy Assistance Program (LIHEAP)—Federal program that provides financial assistance to needy households for home energy bills.

Hardship Funds—Provide payments directly to utility companies on behalf of eligible customers.

Grief Share Can Help You Through the Holidays

This grief support group is designed to help you rebuild your life after losing a loved one. The group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

Two Groups:

- Thursdays, 7–9 p.m.
- Fridays, 10:30 a.m.—12:30 p.m.

(Through December 15 & 16, except Nov. 25 & 25)

St. John the Baptist Catholic Church
315 N. Constitution Ave.
New Freedom, PA

St. Elizabeth Center (West side, lower level of main church)

- For information contact Judy Newberger, RN
jnewberger@sjbnf.org

Dig Out Those Snow Shovels and Stand By To Help H.O.P.E.

The white stuff is beautiful but not if you have to go somewhere. And often people don’t have a choice. Every year we put together a “Snow Brigade” to help people who need to get to a doctor’s appointment or treatment.

If you would like to help these cancer patients and their families, please call the H.O.P.E. Office at 717-227-2824.

Calling All Handymen!

The office needs your expertise. We would like shelves built for our hats, wigs, and scarves, and a solar curtain installed so that our newsletter editor won’t be blinded by the morning sun.



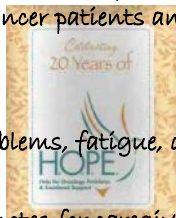
Please call the office if you can help us with this and probably more tasks down the road.

Shopping For the Holidays!

Almost as easy as shopping online (and more personal), pick up a H.O.P.E. cookbook (or four). \$15/book; 4/\$50

These wonderful books contain favorite regional recipes blended with inspirational stories from cancer patients and their families. Highlights include

- Gluten-free recipes
- Coping with chemo-related eating problems, fatigue, depression
- Cancer patient resources and special notes for caregivers



Shopping For the Holidays!

Buy Your Gifts Online at smile.amazon.com and Amazon donates back to H.O.P.E!



To support H.O.P.E. and shop for the holidays or anytime, go to <http://smile.amazon.com/ch/23-2765683>

Visit Us on the Web
<http://www.hopeforcancerfamilies.org>
"Like" Us on Facebook:
H.O.P.E. (Help for Oncology Problems and Emotional Support)

Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd Floor (Elevator Available)

Everyone is Welcome!
(Cancer patients, care givers, families and friends)
Need transportation to the Support Group Meeting?
Call 717-227-2824



"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."

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