



# Hope Grows Newsletter

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**Issue 4  
Fall 2014**

## From the Hope Grows Garden



As much as I like gardening, the fall season is a time I really enjoy. For some it might have to do with the changing leaves, wind, or air temperature, but for me it is a time when the growing season slows down and the gardens are put to rest. Surveying what grew well and what did not, I reflect on the changes and the state of the organization.

Our 2nd Hike for Hope was a success with new people getting involved and a beautiful morning. Outreach remains strong with attendance at many health fairs, contracting with new facilities for caregiver and horticulture programming, and our volunteer base gaining momentum. While we continue to build community relations and secure the counseling and outreach programming for caregivers, the wind has pushed us in the direction of finding ways to empower the caregiver. When a caregiver enters into the unknown world of providing care, they become subject to strain and stress that creates a cyclical effect of disempowerment. In keeping with our mission, Hope Grows continues to inspire wellness of mind, body and spirit and incorporates empowerment of the caregiver.

Seeds have sprouted and the growth of the organization remains positive. Stay tuned for the new volunteer projects to be revealed in the next newsletter and continue to connect with our website for classes and updates. As you prepare to embrace the changing season, let us remember to be thankful for our harvest and blessings in life.

Autumn Blessings!  
Lisa Story, MSCP, LPC, CT  
Executive Director

## Hope Grows in the Community

### Upcoming Activities

#### *Caregiver Counseling Center*

Integrating caregiver needs &  
psychotherapy  
Now accepting clients

#### *Powerful Tools for Caregivers*

Starting January 7th  
Moon Township Library  
(see website for details)

#### *Share the Joy*

Holiday Essential Oils Classes  
December 10, 2014  
(see website for details)

Check for updates on  
[www.hopegrows.net](http://www.hopegrows.net)

Founded in 2010, Hope Grows is a 501(c)3 nonprofit organization with the mission to restore the lives of those impacted by the role of caregiver and to inspire wellness of mind, body, and spirit through the use of counseling, overnight retreats, education, supportive services and healing and restorative gardens.

All donations are tax deductible to the full extent as allowed by law.

## In nature, what is the purpose of fall?

The autumn season is a transitional time from the heat of the summer into the cold of the winter. The deciduous trees and shrubs begin their transformation process and provide us with the beauty of dying. In the United States and Europe, the start of a new academic season begins and enjoyment of the harvest season ensues.



The purpose of fall can be merely reflection of growth and in keeping with the new patterns of least resistance that were created over summer. As the temperature changes outside, so does the mind, body, and spirit in relation to the seasons of life. To quote The Byrds song, "Turn, Turn, Turn! (To Everything There is a Season)" and a time for every purpose, perhaps fall is just about evaluating the growth of hope.

## Featured Story

### 2nd Annual Hike for Hope

In October, Hope Grows held their 2nd Annual Hike for Hope, a true success for a 2nd year's event. The amount of hikers doubled, as did the amount of money raised. Involvement occurred at many levels this year, from hikers, company sponsors, board members, volunteers, and a visit from WISH radio Street Treat Patrol. The morning started with a brisk chill in the air but soon gave way to a wonderful sunny morning with warmer temperatures by noon. Children were able to participate in a nature hunt along their hike journey and although dogs were permitted on a leash this year, we did not have any furry visitors.



I do want to apologize to those that may have had technical difficulties with our website. We implemented a new platform for event registration and fundraising and, from what I heard, a few glitches occurred with the system. Success with any endeavor requires growth! Thanks for your patience!

## Caregiver Tips

### *Empowerment Strategy*

A positive affirmation is similar to turning negative self-talk into positive self-talk. Recite the affirmation below to help with empowering you as a caregiver. Consider ordering the Hope Grows signature blend of essential oils at [www.hopegrows.net](http://www.hopegrows.net) and use the affirmation below.

### *Affirmation*

I am divinely loved and protected and I encourage spiritual wellness. I release any anger and pain that may cause me to mistrust. I release my tension and express my needs. I release doubt and remain positive so my energy stays restored. My life is abundant.

## Seasonal Feature

In the season...

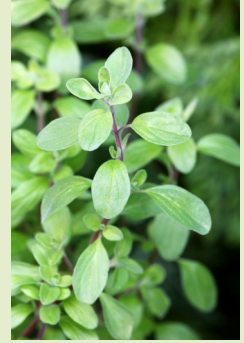
Ah Oregano...a perennial herb that produces every year and invites the eye even in the late fall season. Bountiful in the growing season, it dies off in late fall so pick some in your garden to dry before the winter air sets in. Like the peppermint plant, the root will spread and new plants will begin to sprout quite a few feet away from the original plant so keeping it contained is important.

### Oregano

The most common plant of Oregano is used for the culinary palate in Italian and Greek dishes. Oregano is native to the Mediterranean region of the world and became popular in the United States after soldiers returned from WWII, becoming known as the pizza herb.

The herb has long been recognized for its nutritional, anti-oxidant, and disease preventing properties and the beautiful pink or purple flowers the plant adorns at its peak are edible too.

Fresh oregano is superior in flavor over the dried and can be used in dishes such as pizza, sauce, chicken, fish, and meat dishes. Add freshly chopped oregano to a salad as its nutrient rich compounds of fiber, folates, iron, and Vitamin C to name a few are a great addition to nourish the body. Oregano oil is the oil of humility & non attachment and can help with the emotions associated with being negative, opinionated, and overly attached.



## New Events and Campaigns

### ***The Almond Project***

Hope Grows announced its 3rd quarter recipient of the Almond Project Caregiver Story. Linda Wittig has been a caregiver to her spouse who suffered a stroke 3 years ago and admits the first year was the hardest with many learning curves. She reports having had to make many lifestyle changes and wishes she would have taken advantage of other caregiver's advice. While she continues to still prioritize where to spend her energy, she has learned to find some common ground with his care, she still shoulders much of the responsibility.

### ***Essential Oils Classes***

The 4 class educational series on Essential Oils was a success with many participating in various aspects of the learning. The Aromatouch Hand Technique and the Make and Take blending class were by far the most attended. Share the joy of the upcoming season with us on December 10th in reducing holiday stress with essential oils. You will go home with your choice of seasonal oil. Go to [www.hopegrows.net](http://www.hopegrows.net) for details.

### ***Compassionate Angels***

Our 1st volunteer has been trained in the Aromatouch Hand Technique using Essential Oils and will be providing relief to family and professional caregivers by visiting designated facilities.

One of the most important aspects to reducing stress in a caregiver is to be able to relax a little and to talk about their experience. The volunteer will learn about active listening and the Aromatouch hand technique to provide both aspects to the family and/or professional caregiver.

### ***Powerful Tools for Caregivers***

Powerful Tools for Caregivers is an evidenced based educational series designed to provide you with the tools you need to take care of yourself.

Hope Grows will be implementing this program which will help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

A six-week class will be held once a week starting in January 2015. Two experienced Class Leaders conduct the series with interactive lessons, discussions and brainstorming that will help the caregiver take the "tools" they choose and put them into action for their life.

Check website for details



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## Thank you

Thank you to everyone who attended and supported the Hike for Hope. A special thank you to our sponsors UPMC for Life, Magee Plastics, Mosites, Panera Bread, and Paragon Foods. RMU student volunteers continue to surprise me with their dedication, work ethic, and kind hearts to our cause. For the many in-kind donations we received for our Chinese Auction, thank you for your generosity.

Thank you to everyone who continues to support Hope Grows.

## YOU are the Mission

Consider Supporting the Hope Grows General Funds

Give online at [www.hopegrows.net](http://www.hopegrows.net) or by mail to have an impact on the lives of caregivers.

### Levels of Donations:

|                         |                  |
|-------------------------|------------------|
| <b>Hope Level</b>       | <b>\$1,000 +</b> |
| <b>Almond Level</b>     | <b>\$500 +</b>   |
| <b>Respite Level</b>    | <b>\$250 +</b>   |
| <b>Compassion Level</b> | <b>\$100 +</b>   |
| <b>Garden Level</b>     | <b>\$50 +</b>    |
| <b>Other</b>            |                  |

## Wish List

### Volunteers Needed

\*Hope Grows Ambassadors (to learn about and retell the Hope Grows story)

\*Looking for machine embroiderers and sewers to help with the Empowerment Project.

\*Compassionate Angels (to learn and administer the Aromatouch Hand Technique)

Volunteer training will take place in January.

\*Empowerment Motivators (to help seek support for items & with assembly of the Caregiver Empowerment Kits for caregivers)

For more information and interest, please call 412-369-4673 or fill out the volunteer form on [www.hopegrows.net](http://www.hopegrows.net)

“Embrace what you have accomplished in your caregiver tasks and celebrate your ability to conquer the next challenge of providing care!”

Lisa Story

If you would prefer our e-newsletter, go to [www.hopegrows.net](http://www.hopegrows.net) and subscribe to our newsletter.