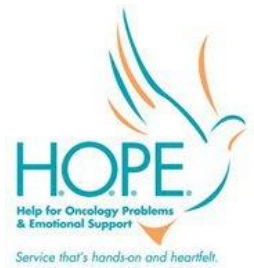




2021

# 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.

Phone: 717-244-2174 or 717-244-2161.

(E-mail: [barb@hopeforcancerfamilies.org](mailto:barb@hopeforcancerfamilies.org) [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org))

April is Volunteer Month, and even though people have been unable to physically volunteer as much this past year, they have still found numerous ways to reach out and help others. We thank our volunteers who have helped us keep helping our cancer patients and their families.

## Everyday Heroes

Thank goodness for heroes  
who make our lives better,  
That hardworking, unsung,  
Anonymous crew  
who make a big difference,  
But not a splash,  
With the everyday things they modestly do...

Thank goodness for heroes  
Those hardworking helpers,  
The people we count on  
without even knowing!  
Here's to the healers,  
The dreamers, the doers,  
The everyday heroes  
who keep the world going!

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 717-244-2174.

## Support Group Meeting

Still no in-person support group meetings, but the good news is we're hoping to begin them again in May.

But you know we're still here for you, and there is a wealth of information available on our Facebook page and website

[\(\[hopelife.org\]\(http://hopelife.org\)\)](http://hopelife.org).

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## FROM THE EDITOR'S DESK

Happy spring! The season of renewal and rebirth takes on a more literal meaning this year. Let's hope our country's return to business-as-not-quite-usual continues to go forward with few hiccups. Hope being an especially meaningful word, we have excerpts from an essay on hope by Wall Street Journal columnist Elizabeth Bernstein on page 4. And we have hope for the return of our events. As of this newsletter, we have quite a few confirmed events coming up in the next few months. As Barb said, we're trying to cram a year of events into five months. Keep your calendar open for September for a bike rally, the Voices banquet, and two outdoor events. Yikes! See page 5 for a list and dates.

Other than tentative fundraising plans, our other change is the resurrection of the support group, possibly as early as May. Again, keep your fingers crossed for that and everything else. One thing you can do right now is donate to the York County Day of Giving campaign.

*In this time of social distancing, we at H.O.P.E. have had to cancel yet again our spring fundraising events. However, on Friday, May 7, we have a chance to be part of York County's Day of Giving, an opportunity to unite our community around causes we truly believe in.*

*We need your help. Please join our campaign and help us reach our goal. We need you to tell your family and friends about the work we do and ask them to join us in helping make a difference in the lives of cancer patients and families.*

*Describe how H.O.P.E. has helped you, a family member, or friend, by sharing on Facebook or any other social media platform, and 'tag' Barb or H.O.P.E. in your post. First-hand stories from those affected by this terrible disease mean so much more than just a publicity piece.*

*So much has been canceled this past year. We have held only two events, and one of those was 'virtual.' Our spring events are being rescheduled for summer and fall, and we're crossing our fingers that they can take place. One thing that has not been canceled this year, however, is people's generosity. We're hoping that generosity continues on May 7 when you can go online to [www.givelocalyork.org](http://www.givelocalyork.org) and make a difference by donating to H.O.P.E. Donations open at noon and end at 11:59 p.m.*

*If you are not comfortable donating online, you may mail your donation to H.O.P.E. (P.O. Box 279, Stewartstown, PA 17363) and mark your check for "Give Local York." Please make sure we will receive it before May 7 so we can enter it into our tally. PayPal is also acceptable (from our website under the 'Donations' button), but like the checks please indicate it is for Give Local York fundraiser. There will be matching grants so we need it beforehand to enhance our matching donation.*

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

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



Stewartstown Lions Club to the rescue! On Thursday the 12th, I reached out to Ira Walker about where to apply for a grant for AED's (automated external defibrillator) for the H.O.P.E. Haven? A few hours later, Gary Schwinn, President of the Stewartstown Lions reached out to me. Gary said he wanted the Lions to take on this project. Well, they did!! Gary had me speak to the club on Tuesday and by Thursday I had the money in hand to purchase two AED's. The club and Bigfoot Power Wash split the cost of one and then the Lions and Joe S. purchased the second one for us. Gary not only got the club on board, he called Skip from CPR-Now and got his company to discount the machines from \$1699 to \$1075. Way to go Lions!!! Bless you all!



*“Why are people so tired on April 1? Because they just finished a 31-day March.”*

- Unknown

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 [assistant@hopeforcancerfamilies.org](mailto:assistant@hopeforcancerfamilies.org), and she'll put you on our list. (And it will have color!) Thanks!

# April Is Esophageal Cancer Month

Esophageal cancer is cancer that occurs in the esophagus – a long, hollow tube that runs from the throat to the stomach. The esophagus helps move swallowed food from the back of the throat to the stomach to be digested. Esophageal cancer usually begins in the cells that line the inside of the esophagus and can occur anywhere along the esophagus. More men than women get this type of cancer.

The sixth most common cause of cancer deaths worldwide, incidence rates vary within different geographic locations. In some regions, rates may be attributed to tobacco and alcohol use or particular nutritional habits and obesity. Certain groups, men, the elderly, and people who are obese, are at greater risk for esophageal cancer. Risk of adenocarcinoma of the esophagus is higher in white men, but squamous cell carcinoma of the esophagus is more common in Asian men and men of color.

## Symptoms

During the early stages of esophageal cancer, patients probably won't experience any symptoms. As the cancer progresses, they may experience:

- Difficulty swallowing (dysphagia)
- Frequent choking while eating
- Vomiting
- Unintentional weight loss
- Chest pain, pressure, or burning
- Worsening indigestion or heartburn
- Coughing or hoarseness
- Fatigue

There are two main types of esophageal cancer, adenocarcinoma and squamous cell carcinoma (also called epidermoid carcinoma). The first begins in the cells of the mucus-secreting glands in the esophagus and occurs most often in the lower portion of the esophagus. Adenocarcinoma is the most common form of esophageal cancer in the United States, and it affects primarily white men.

Squamous cell carcinoma occurs most often in the upper and middle portions of the esophagus in the flat, thin cells that line the surface of the esophagus. This type is the most prevalent esophageal cancer worldwide.

## Risk Factors and Diagnosis

It is thought that chronic irritation of the esophagus may contribute to the changes that cause esophageal cancer. Factors that cause irritation in the cells of the esophagus and increase the risk of cancer include:

- Smoking
- Barrett's esophagus – a precancerous condition caused by chronic acid reflux
- Being obese
- Drinking alcohol
- Having bile reflux
- Having difficulty swallowing because of an esophageal sphincter that won't relax (achalasia) (achalasia)
- Having a steady habit of drinking very hot liquids (hotter than a typical cup of coffee)
- Not eating enough fruits and vegetables
- Undergoing radiation treatment to the chest or upper abdomen

The following tests and procedures may be used to diagnose esophageal cancer.

- Physical exam and health history.
- Barium swallow study.
- Chest x-ray.
- Esophagoscopy.
- Biopsy.

[See page 4 for Prognosis and Treatment Options]

## “Finding Hope When Everything Feels Hopeless”

This past November, a week before the election in fact, the *Wall Street Journal* printed an article by columnist Elizabeth Bernstein titled “Finding Hope When Everything Feels Hopeless.” Aimed specifically at the grueling pandemic and election cycle, the column nevertheless is helpful for anyone searching for some light at the end of a dark tunnel: for some hope.

“You can think of hope as a PPE – a Personal Protective Emotion,” says Anthony Scioli, a professor of psychology at Keene State College in Keene, N.H., and co-author of “Hope in the Age of Anxiety” and “The Power of Hope.” Most psychologists define hope as a yearning for something possible but not certain – such as a better future – and a belief that you have some power to make it happen. They believe it has two critical components: Agency, or the motivation to achieve the desired goal, and a strategy, or pathway to do that. In the early 1990s a psychologist named C.R. Snyder created the Adult Trait Hope Scale, a list of 12 questions that test whether a person has both the agency and the pathway-thinking necessary for hope. You can take this quick test by googling Adult Trait Hope Scale and selecting one of the sites. It will give you an overview of where you need to improve to increase your feelings of hope.



*“However bad life may seem, there is always something you can do and succeed at. Where there’s life, there’s hope.”*

- Stephen Hawking

Some people are more hopeful than others, thanks to a combination of nature and nurture. Dr. Scioli believes these people draw on four main resources: Attachment, a sense of continued trust and connection to another person; Mastery, or empowerment, a feeling of being strong and capable and of having people you admire and people who validate your strengths; Survival, a belief that you aren’t trapped in a bad situation and an ability to hold on to positive thoughts and feelings even while processing something negative; and Spirituality, a belief in something larger than yourself.

The good news is hope is malleable; we can boost it. “Hope is a choice,” says Rick Miller, clinical director of the Center for the Advanced Study and Practice of Hope at Arizona State University. In order to do this Miller recommends visualizing four areas of your life – home and family, career, community, and recreation – and to ask yourself how you would like them to look in the future. Picture them in great detail. (Who are you with? What are you doing? How do you look?) Those are your goals. Next, think about what you need to do now to make that vision happen. Now you’ve got agency. Don’t try to go big, setting one goal a week and identifying the steps you need to take can give you a sense of control.

Bernstein ends her column with advice from Elie Wiesel, the Nobel laureate, author, and Holocaust survivor. He told the author “Every word we speak or write matters.” Replace negative words or phrases like “I can’t; It’s impossible; What’s the use?”, with positive ones: “I can, We will, It’s possible, Let’s do it.” Spread hope. Emotions are contagious. Explain to others what makes you hopeful and share your goals with them and how you plan to reach them. Your enthusiasm will spark theirs, and this will in turn energize you even more. Hope begets hope.

### Esophageal Cancer Prognosis and Treatment

[Continued from page 3]

Prognosis and treatment options depend on the stage of the cancer (whether it affects part of the esophagus, involves the whole esophagus, or has spread to other places in the body), whether the tumor can be completely removed by surgery, and the patient’s general health. When esophageal cancer is found very early, there is a better chance of recovery. However, it is often in an advanced stage when it is diagnosed. At later stages, esophageal cancer can be treated but rarely cured.

Different types of treatments are available for patients with esophageal cancer. Some treatments are standard and some are being tested in clinical trials. The types of standard treatment are surgery, radiation therapy, chemotherapy, chemoradiation therapy, targeted therapy that uses drugs or other substances to identify and attack specific cancer cells, and immunotherapy, a drug treatment that helps the immune system to fight cancer. For esophageal cancer, this treatment might be used when the cancer is advanced, has come back, or has spread to other parts of the body.



## Put These Events On Your Calendar!

(Maybe not carved in stone, but at least written in dark pencil. All events benefit H.O.P.E.)

<b>Give Local York</b>	Friday, May 7 (noon-11:59 p.m.)
<b>Yard Sale Shrewsbury Amish Markets</b>	Saturday, May 15
<b>Mason-Dixon Car Show</b> Dallastown Family Restaurant	Saturday, May 29 (4 p.m.—8 p.m.)
<b>H.O.P.E. Multi-Family Yard Sale</b> 16580 Green Valley Court Stewartstown 17373	Friday, July 9 & Saturday, July 10 8 a.m.—1 p.m.
<b>Golf Tournament</b> Hickory Heights Golf Course	Saturday, August 21
<b>Twin Rose Lady Riders Ride for H.O.P.E.</b> York Motorcycle Club (Any vehicles are invited to participate.)	Sunday, September 12 Begins 10 a.m.
<b>Voices for Hope Banquet</b> Out Door Country Club	Thursday, September 16 5:30—9 p.m.

Dates for events still to be announced include the **Bull Roast**, **Fall Bingo**, the **Road Rally**, and the **Craft and Vendor Show**. More details about every event will be included in future newsletters. You can also find details closer to each event on our Facebook page and website.

***We Love our  
Volunteers!  
Thank you!***

**Buy A Brick**

Brick Sizes  
 4 x 8 \$100      8 x 8 \$250  
 12 x 12 \$1000      24 x 24 \$2500

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For more information,  
 Call the office 717-244-2174 or  
 assistant@hopeforcancerfamilies.org

**Help  
H.O.P.E.  
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H.O.P.E. Haven**

## Good News for "Boomer" Women

Women who have used oral contraceptives may be at lower risk for ovarian and endometrial cancer.

Oral contraceptives are known to be associated with a higher risk for breast cancer, but a recent study in Cancer Research suggests that the increased risk is small and of short duration. At the same time, researchers found that the lowered risk of ovarian and endometrial cancer is substantial and long-lasting.

The analysis included health data through 2019 on 256,661 women born from 1939 to 1970 in Britain. More than 80 percent had used oral contraception. When adjustments for many other health and behavioral characteristics were made, the researchers found that the women who had used oral contraceptives had a 32 percent reduced risk for endometrial cancer and a 28 percent reduced risk for ovarian cancer. These reduced risks persisted for life.

**H.O.P.E.'S**  
**NEW ADDRESS**

**Physical Address:**

13275 Blymire Hollow Rd., Stewartstown, PA 17363

**Mailing Address:**

P.O. Box 279, Stewartstown, PA 17363

Phone: 717-244-2174



*"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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