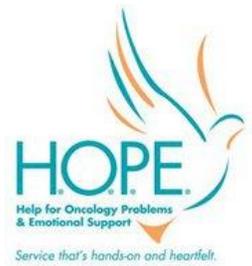


H.O.P.E. LIFELINE



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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 www.hopeforcancerfamilies.org)



**16th Annual
 Voices for Hope
 Benefit Banquet**

**Thursday, September 16th
 5:30—9:30 p.m.**

Out Door Country Club

**Tickets \$80.00 per person
 (Table of 8, \$560)**

Order by August 27th.

**Features a Reception, Silent
 Auction, Dinner, & Presentation**

**For tickets,
 call 717-993-3778**

Or email mcauliffeh@comcast.net

Shrimp and Bull Roast

**Saturday, October 16
 7—11 p.m.**

**Jarrettsville Gardens,
 Jarrettsville Fire Hall**

**3825 Federal Hill Road
 Jarrettsville, MD 21084**

All You Can Eat Buffet

**Shrimp, Pit Beef, Pit
 Turkey, Sides
 Beer and Wine**



**Silent Auction * Door Prizes
 * DJ & Dancing
 717-244-2174**

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

Date: Wednesday, August 18

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

Topic: Everything

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FROM THE EDITOR'S DESK

As the temperatures continue to heat up, so do our activities and events. In July we had a super multi-family yard sale, and coming this month are the second annual road rally and golf tournament. The road rally is almost upon us, Sunday, August 1. Registration is from 10:30 am until noon at the Norrisville VFD in Pylesville, Maryland. This year's itinerary takes us through scenic Harford County, Maryland, with stops to eat ice cream, look at animals, learn history, and quaff a cold beer. The cost is \$20 per vehicle but that includes all the people you can cram into it. Or on it. All modes of transportation are invited. Our golfers are more than ready to tee up for cancer and we've had an overwhelming response for this year's tournament. Saturday, August 21 at Hickory Heights will be the site of plenty of fun, food, and a bit of frustration for our competitors.

Summer is the season of outdoor activities, and in last month's issue we gave advice on how to be safe in the sun. This month we're talking about another popular summer tradition – fresh produce. Pesticides are vital in food production, but they can also be deadly. Farm-to-table produce epitomizes healthy eating, but beware, some vegetables and fruits are safer than others. The bottom line is how they're grown – organically or nonorganically. The latter have been treated with chemicals, and over the years have been linked to a number of illnesses. (See article on page 4.) Organic produce must meet certain standards to be classified as such, and this includes no chemicals such as pesticides and food additives. Unfortunately, as you are probably aware, organic produce can also be substantially more expensive. Whether your fresh produce is nonorganic or organic, it is important to wash it before consumption.

How to Wash Fresh Produce

To lower your risk of foodborne illness, follow these steps to wash fresh fruits and vegetables:

- Wash your hands with warm water and soap before and after preparing fresh produce.
- Wash produce before you cut or peel it so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
- Hold produce under plain running water and gently rub the surface.
- Use a clean brush to scrub firm produce, such as melons, sweet potatoes, and cucumbers.
- To dry produce after washing, use a clean cloth or paper towel. This will further reduce bacteria that may be present.
- Do not use special produce washes, bleaches, or detergent

What about packaged produce, such as bags of ready-to-eat salad mix? If the package says that the contents have been prewashed, no additional washing is necessary. Also, it is unnecessary to rinse frozen foods before consumption.

(Information for this issue came from the American Institute for Cancer Research, MD Anderson, Centers for Disease Control, Consumer Reports, Medical News Today.)

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

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

At H.O.P.E. we like to reach out to our community and get everyone involved. Being a Girl Scout leader of 17 years I especially enjoy engaging our scouting groups.



Recently the girls from Troop 20363 in New Freedom, under the supervision of Kristy Ehlike and Catherine Agostino, planted and mulched a side of the entrance driveway that leads up the hill. The girls also painted rocks for around the pool. In addition to sprucing up our grounds, they brought us a variety of Girl Scout cookies and three boxes filled with all types of new children's games for the downstairs playroom. The girls, Izzy, Maria, and Tessa, were earning their Silver Award, which involves taking action on an issue they care about. This is the highest award a Cadette can receive in Girl Scouting.



“When one has tasted watermelon he knows what the angels eat.”

- Mark Twain

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, and she'll put you on our list. (And it will have color!) Thanks!

Tis the Season(s) of Healthy Eating

Are there foods that are guaranteed to be cancer fighting or even cancer preventing? Unfortunately, no. But there are foods and life style decisions that can reduce your risk of cancer. Commit these to memory!

- *Focus on plants (veggies, whole grains, nuts, fruits, and plant-based protein).*
- *Make choices that will help you manage your weight.*
- *Avoid foods that are known to increase cancer risk.*
- *Don't smoke.*
- *Use alcohol sparingly.*

SMART Food Choices

When you see a list of 'cancer-fighting foods' they are often plant foods loaded with phytochemicals, also called phytonutrients. Phytochemicals are compounds found in plants that can help prevent chronic diseases like cancer. You've probably heard of the names of some of these – carotenoids, flavonoids, glucosinolates. Their potential benefits include strengthening the immune system, reducing inflammation, regulating hormones, and slowing cancer cell growth. Foods like berries, broccoli, tomatoes, walnuts, grapes and other vegetables as well as fruits and nuts top the list of foods that contain phytochemicals. You've been told to eat a variety of colorful foods – these are the foods that contain these important nutrients. (No, colorfully glazed donuts don't count here.)

Did you know that obesity is linked to 12 types of cancer? According to the Centers for Disease Control, these are breast cancer in menopausal women, colon and rectal cancer, esophagus cancer (adenocarcinoma), gallbladder cancer, kidney cancer, liver cancer, multiple myeloma, ovarian cancer, pancreas cancer, stomach cancer, thyroid cancer, and uterine cancer. Two-thirds of obesity-related cancer cases occur in people between ages 50 and 74. Women have about twice the rate of obesity-related cancers as men. (Cancers common in men, including lung and prostate cancer, do not appear to be obesity-related.) So when you're making your cancer-aware shopping list, keep the following tips in mind:

- Focus on foods that are lower in calories and sugar and higher in fiber. These can help you manage your weight.
- Choose whole grains.
- Choose foods that fight inflammation. These include fatty fish like salmon and sardines, whole grains like brown rice, and probiotics like yogurt and kombucha.
- Don't be afraid of frozen vegetables and fruit (though not in sauce or juice).
- Shop the outer edges of the store. The perimeter of the store has less processed foods.
- If you are going to buy something in a package, read the nutrition label first. If the item has more than two or three ingredients, think about a different choice. The nutrition label will also give you valuable information about the salt and sugar in the food.

Foods to AVOID

- **Avoid processed meats** like hot dogs, bacon, and any meat you find at the deli counter. They all contain compounds that cause cancer. Even those that say they are 'nitrate free' or 'uncured' should be avoided.
- **Limit red meat.** Aim for no more than 18 ounces of cooked red meat per week. Instead, choose lean chicken, fish, or plant-based protein foods such as lentils, chickpeas, almonds, peanuts, soy products like tofu and edamame, quinoa, and even potatoes, provided they're not slathered with butter or sour cream.
- **Avoid alcohol.** Women should have no more than one serving of alcohol per day. Men should have no more than two servings. Recent studies are showing that even those relatively small amounts can increase your cancer risk.

One final tip: Before you head to the store, plan to fill two-thirds of every plate with vegetables, fruits, and whole grains.

You won't eliminate your cancer risk by eating certain foods. But if you focus on eating a plant-based diet and maintaining a healthy weight, you will go a long way in not only reducing your risk but improving your overall health as well.

Organic or Nonorganic? Which Is Safer and When?

We know pesticides can be harmful. “Pesticides are chemicals that are specifically designed to kill living organisms,” says Devon Payne-Sturges, DrPH, an associate professor at the University of Maryland School of Public Health. The Environmental Protection Agency says agricultural pesticide exposure is tied to asthma, bronchitis, non-Hodgkin’s lymphoma, Parkinson’s disease, and prostate and lung cancers. Every couple of years another study done by another group shows damage from pesticide exposure.

Consumer Reports conducted an analysis of five years of data – from 2014-2018, the latest available – from the United States Drug Administration’s Pesticide Data Program, which tests fruits and vegetables for pesticides, about 24,000 samples in all. They then calculated a rating based on four factors: the number of pesticides detected on each item, the frequency with which pesticides were found on samples, the average amount of residue of each pesticide found on the items, and the toxicity of the pesticides.



The good news was that almost half of the nonorganic fruits and vegetables pose little risk. But about 20 percent, such as fresh green beans, peaches, and potatoes, received the worst scores, so CR recommends that people try to find organic varieties of these. Even some organic products, such as fresh spinach, had worrisome pesticide residue.

Here are some of their findings as to the safety of some popular fruits and vegetables and recommendations for buying nonorganic or organic.

- These vegetables and fruits received **excellent NONorganic** ratings:

| | |
|--|--|
| <ul style="list-style-type: none"> Broccoli Cabbage Carrots Corn Onions Peas (sweet, frozen, or canned) Tomatoes (canned) | <ul style="list-style-type: none"> Cranberries (fresh, canned, frozen, or sauce) Grapefruit (fresh) Oranges (fresh) Prunes (dried) |
|--|--|
- These vegetables and fruits received a **very good NONorganic** rating:

| | |
|---|--|
| <ul style="list-style-type: none"> Asparagus (fresh) Cucumbers (fresh) Snap peas (fresh) Sweet potato Tomatoes (fresh) | <ul style="list-style-type: none"> Applesauce Grapes (fresh) Mangoes Raisins |
|---|--|
- These vegetables and fruits received a **good NONorganic** rating:

| | |
|--|---|
| <ul style="list-style-type: none"> Lettuce (fresh) Summer squash (fresh) Green beans (canned) | <ul style="list-style-type: none"> Kiwifruit (fresh) Plums (fresh) Strawberries (fresh and frozen) Watermelon (fresh) Blueberries (frozen) |
|--|---|
- These vegetables and fruits received a **fair and poor nonorganic** rating but an **excellent** or **very good** rating if **organically** grown:

| | |
|---|--|
| <ul style="list-style-type: none"> Celery (fresh) Kale (fresh) Green beans (fresh) Potatoes (fresh) *Spinach (fresh) Spinach (frozen) | <ul style="list-style-type: none"> Apples (fresh) Blueberries (fresh) Nectarines (fresh) Pears (fresh) **Cherries (fresh) Cherries (frozen) Peaches (fresh) |
|---|--|

*Only imported organic spinach received a recommendation; even organic U.S.-grown spinach is rated poor.

** There is no data available for organic fresh cherries.

Get Aboard the Meal Train and Help a Friend

Recently, we've been introduced to a new concept called "Meal Train." There is a platform on the internet to help your friends in need at mealtrain.com. It is a meal calendar to help someone in their time of need, such as a new baby, surgery, or perhaps, cancer! Whatever they are going through, by setting up or contributing to a meal train, you can make sure they are being well fed.

When setting up a meal train for someone, ask the recipient which meals they prefer to receive, their favorite restaurants, any dietary restrictions, and the best drop-off time. Usually, 4 to 6 weeks is a generous amount of time for the duration of a meal train, and 3 times a week is perfect. Try leaving a cooler on the front porch/step to leave meals in; this will let the person receiving the meals come to the door when they up to it. You can always text that the meal has arrived.

There are several things to take into consideration.

- When sending out invites to the Meal Train only send to friends who want to participate, not their entire friends list.
- If you are invited into the home, you can stay for a few minutes or offer to return for a visit at a later date.
- When signing up to take a meal, remember to list what you are bringing so there aren't duplicates.
- Lastly, use containers that do NOT need to be returned. You don't need to add any anxiety to the person who is trying to heal.
- Additionally, you can donate money towards gift cards and help for the person receiving the benefits.

When making meals, try a dinner that can last a few days or, perhaps, one that can offer left overs. Is your friend from "out of town" and you can't deliver? Think about sending gift cards to restaurants that deliver in their neighborhoods. For families with children, you might want to make sure you bring "kid-friendly" foods. Unless requested, avoid spicy foods. Want to do something extra? Try bringing breakfast food with a dinner and then they will be prepared for the next morning.

To start a Meal Train page is easy. Step-by-Step instructions are provided. There are several different packages to choose from: Meal Train (free), Meal Train Plus (small fee), and Potluck.

Meal Train does take a percentage (like most platforms) from each donation received. Stripe.com handles the processing.



LIVESTRONG at the YMCA is back. *The 12-week program supports adult cancer survivors in regaining their physical, emotional, and spiritual strength. Included are free family membership during the program, two 90-minute sessions each week, small group settings with multiple certified instructors, and access to all YMCA membership programs. This session runs September 7 through November 30 and participants can choose either day or evening at the following times:*

- *Tuesday and Thursday, 12:30—2:00 pm*
 - *Tuesday and Thursday 6:00—7:30 pm*
- For more information, go to www.yorkcoymca.org or call 717-235-0446*

Add These Evens to Your Summer (and Fall) Calendar!

| | | | |
|--|--|--|--------------------|
| Golf Tournament Hickory Heights Golf Course | Saturday, August 21 | Stay Wild - Life in the Outdoors Festival and H.O.P.E.'s Country Fair Hopewell Fish and Game Association | Saturday, Sept. 25 |
| Twin Rose Lady Riders Ride for H.O.P.E. York Motorcycle Club (Any vehicles are invited to participate.) | Sunday, September 12 Begins 10 a.m. | Shrimp & Bull Roast Jarrettsville Gardens (our usual spot) | Saturday, Oct. 16 |
| Voices for Hope Banquet Out Door Country Club | Thursday, September 16 5:30—9 p.m. | Fall Basket Bingo New Freedom Community Center | Sunday, Nov. 7 |

More details about every event will be included in future newsletters.

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

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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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