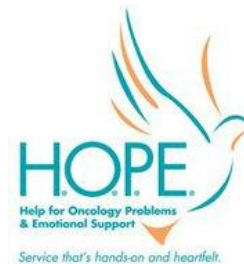


# H.O.P.E. LIFELINE



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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 Mtg.

Date: Wednesday, March 9  
Time: 7:00 p.m.  
Location: H.O.P.E. Haven  
Speaker: Everyone

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))

## Basket Bingo & Non-Perishable Food BINGO! Drive

Sunday, April 3

Doors Open at 12:30  
Bingo Starts at 2:00

New Freedom Community Bldg  
New Freedom, PA

Tickets \$15 in advance  
\$18 at the door

25 games, 5 secret games,  
1 thank-you game

Contact the H.O.P.E. office  
at 717-244-2174

for tickets and details

## 16th Annual Voices for Hope Benefit Banquet

Thursday, May 5, 2022

5:30—9:30 p.m.

Out Door Country Club

Tickets \$80.00 per person  
(Table of 8, \$560 by April 20)

Features a Reception, Silent  
Auction, Dinner, and  
Presentation



For tickets,  
call 717-993-3778

## 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**

## INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
Colorectal Cancer Overview	Pg. 3
What's Good and Bad For Us	Pg. 4
Nutrition Guidelines	Pg. 5
Upcoming Events	Pg. 5

## FROM THE EDITOR'S DESK

How can it be that time seems to fly and yet at the same time we feel as if we're at a standstill? This seems to sum up the new age of Covid. Here's hoping that the phase we're entering, post-Omicron, is the beginning of a return to a more stable life.

Stable, but not boring. And who better to turn to for fun to fill your life than H.O.P.E? Our calendar for April and May is dizzying, from the beloved April Bingo to not one but two dances in May! And in between you can wine and dine in style at the Voices for Hope Banquet in early May and at the end of May take a ride around York County, on two wheels or four. Something important you can enjoy from the comfort of your home is the Give Local York event, where your donation will go toward giving cancer patients a vacation from everything. And put our Annual Meeting on your calendar where we award our scholarships to outstanding high school seniors. This takes place instead of the May Support Group meeting, the second Wednesday of the month. P.S., applicants for the scholarship still have two weeks to submit their applications. See page 5 for more information about all these worthwhile events.

March is Colorectal Cancer Awareness month. As for almost every other type of cancer, numbers of this disease have been declining, all except for younger Americans. Learn more about this disturbing trend on the next page, along with information about screening, symptoms, and risk factors.

And here are a few more 'do's and one don't' for helping friends in need in our digital age:

- **Do: Think twice before you call.** Phone calls, though well meaning, can be intrusive and tiring.
- **Don't: Text for updates.** Try to avoid sending a text that requires an answer. *How are you holding up? How are you feeling? What's the latest?* If your text ends with a question mark, it puts the burden on the recipient to respond. An exception to this might be if you text and ask if the person would like to talk, and then set a time.
- **Do: Send texts of support.** The best texts are those that share thoughts of support, offers of help, or a funny memory or video – and then end with "Just thinking of you. No need to reply."
- **Do: Make a specific offer to help.** For example, offer to help write thank-you notes, pick up the kids from school, walk the dog, run errands, shop, pick up prescriptions, drive to appointments, or drop off a meal or two.
- **Do: Use the mail.** Even more so these days a card or note in the mail is a bright spot in a day. As well as a surprise delivery of something like fruit or flowers, especially in the weeks after the initial outpouring of support may have faded.

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

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

Many of you know how much H.O.P.E. touches your lives, but do you really know how many volunteers are behind the scene making sure all services are constantly available to all who need it? H.O.P.E.'s heartbeat is made up of so many and we can't thank them enough for their endless devotion and love! There's not enough time or space to name everyone, but we need to mention, Marty, who besides being "Head Elf" at Christmas time, keeps everyone organized in the office and on track for the next project. Then there is Bobbie, who's endless shopping for good deals and "what's on sale", keeps our food pantry stocked. Our Kay cooks constantly making up meals to keep in the freezer for our cancer families to take home when needed. Sandy S., who can create the most sincere and caring letters. We can't forget our "Lynn S., , who keeps us "older" ladies hopping. Last but not least is Herman, who can take a small piece of paper and turn it into a receipt and keep our bookkeeping on point. These are only a few of the angels who walk this earth and we call our friends!



*“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.”*

- C. Neil Strait

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!



# Turn Off the TV and Bypass the Deli

Colorectal cancer is the third most common cancer diagnosed in both men and women each year in the United States, excluding skin cancer. This year it is estimated that more than 150,000 adults in the U.S. will be diagnosed with colorectal cancer and 52,580 deaths will be attributed to it. It is the second leading cause of cancer death for men and women combined. Colorectal cancer occurs when some of the cells that line the colon or the rectum become abnormal and grow out of control. The abnormal growing cells create a tumor, which is the cancer. When found early, colorectal cancer can often be cured. Nine out of 10 people with early-stage cancer survive at least five years. The death rate has been declining since the mid 1980s due to improvements in treatment and increased screening.

## Colorectal Cancer Rates Are Up For Middle-aged Adults

However, that is not the case for young and middle-age adults who are experiencing increasing incidences of colorectal cancer. From 2012 through 2016, it increased every year by 2% in people younger than 50 and 1% in people 50 to 64. Compared with people born around 1950, those born around 1990 have twice the risk for colon cancer and four times the risk for rectal cancer. A major new study has found that more and more young people ages 20-29 are being diagnosed with late-stage colon cancer, meaning the cancer has already spread. Because of this the United States Preventive Services Task Force, the leading organization on preventative medicine, recently changed the screening guidelines for colon cancer from age 50 down to age 45. Risk factors playing a role in this include obesity, poor diet, physical inactivity, smoking, and alcohol beyond moderation and delayed diagnosis.

Another reason for this increase, concluded from a new study of women and diet, suggests that sugar-sweetened drinks may play a role. A study published in May 2021 said that the risk doubled in women who each week drank two or more sugary drinks such as soda, sweetened teas, and sports and energy drinks compared with those who on average consumed less than one of these products per week. In people from ages 13 to 18 who reported their consumption of sugary drinks, researchers found that a serving a day was linked to a 32% greater likelihood of developing cancer.

## Screening

Because it can take years for a polyp to develop into colorectal cancer, screening can prevent this. Most people should have a **colonoscopy** every 10 years once they turn 45. This test uses a tube with a tiny camera to look at the whole colon and rectum and can help prevent cancer by finding tumors early. While not all polyps will turn into cancer, almost all colon cancers start as a preexisting polyp. Other types of screening is a **virtual colonoscopy**, which uses a CT scan to show a 3-D model of the colon. However, this test can miss small polyps. A flexible **sigmoidoscopy** may be recommended instead of a colonoscopy. Here the doctor uses a slender tube to look inside the rectum and the bottom part of the colon. The tube has a light and a camera, and it shows polyps and cancer. This type of scan should be done every five years if used. Final tests are the **fecal occult blood test** and **fecal immunochemical test** that can show whether there is blood in the stool, which can be a sign of cancer. The latter is an at-home DNA test called Cologuard that looks for blood or suspicious DNA in the stool sample. The American Cancer Society recommends getting this type of test every three years, and having a fecal occult blood test done every year. If the samples show signs of blood, a colonoscopy will be required.

## Symptoms and Risk Factors

In its early stage colorectal cancer usually doesn't have symptoms, although things to watch for include changes in bowel movements, including constipation or diarrhea that doesn't seem to go away; dark patches of blood in or on the stool; discomfort or bloating in the belly; or even unexplained fatigue, loss of appetite, and weight loss. It is important always to consult a doctor if you're experiencing worrisome changes in your health.

- **Age.** The risk increases as people get older, with the majority occurring in people older than 50. For colon cancer, the average age at the time of diagnosis for men is 68 and for women is 72. For rectal cancer, it is age 63 for both. However, the incidence rate declined by about 5% per year in adults 65 and older and decreased by 1.4% per year in adults 50 to 64 years old. Meanwhile, it increased by 2% in adults younger than 50.
- **Gender.** Men have a slightly higher risk of developing colorectal cancer than women.
- **Family history.** If a person has a family history of colorectal cancer his or her risk of developing the disease is nearly double. Inflammatory bowel disease (IBD). People with IBD, such as ulcerative colitis or Crohn's disease, may develop inflammation of the large intestine which increases the risk of colorectal cancer. IBD is not the same as irritable bowel syndrome (IBS), which does not increase the risk.
- **Physical inactivity and obesity.**

*[Continued on page 5]*



*“The habit of giving only enhances the desire to give.”*

- Walt Whitman

## A Few Things Science and Medicine Said Are Good For Us...



- **Black coffee.** Consumption of at least one cup a day (without cream or sugar) is linked to a reduced risk of all kinds of ailments including Parkinson’s disease, heart disease, Type 2 diabetes, gallstones, depression, suicide, cirrhosis, liver cancer, melanoma, and prostate cancer. This is due to the various chemicals found in coffee.

- **Short naps.** A study of more than 2,000 adults over the age of 60 who took a nap that lasted between five minutes and two hours found that they performed ‘significantly’ better in health checks and cognitive assessments than those who didn’t.

- **Clean teeth.** Gum disease-causing bacteria can produce a protein that destroys brain cells.



- **Full-fat dairy.** Researchers followed more than 4,000 60-year-olds for an average of 17 years and found that those with the highest levels of dairy fatty acids in their blood had the lowest risk for cardiovascular disease and no increased risk of death from all causes. The lead author says the study suggests that “avoiding dairy products such as full-fat cheese, milk, or yogurt might not be the best choice for heart health.”

## And a Few We Should Avoid...

- **Video meetings.** These are more exhausting and stressful than those conducted face-to-face. Scientists identified four factors of ‘Zoom fatigue’: the need for constant eye-to-eye contact, seeing one’s own face on screen while talking, having to sit still for long periods, and the challenge of interpreting body language.



- **Diet sodas.** Researchers found that after consuming sucralose, the artificial sweetener used in many diet sodas, women and obese people had ‘greater brain reward activity’ (cravings) and lower levels of hormones that inhibit appetite. (See page 3.)

- **Ice packs.** Researchers electrically stimulated the legs of 40 mice to simulate a muscle-tearing gym session. They then strapped tiny ice packs to the legs of half the mice, left the others unchilled, and collected regular muscle samples over the next two weeks. In the ice-free mice, pro-inflammatory cells quickly cleared away the damaged tissue, and then anti-inflammatory cells helped rebuild the muscle. But in the iced mice it took seven days for the pro-inflammatory cells to do their work – and the muscle still showed signs of damage after two weeks.

- **Social media.** Starting in May 2020, researchers spent a year surveying 5,400 people about their mental health. Those who went on Facebook, Tik Tok, and Snapchat were much more likely to say they had become depressed than people who didn’t use social media.



## Colon Cancer Risk Factors

[Continued from page 3]

### Nutrition Is Key

Everyone knows by now that eating processed meats increases the risk of cancer, but here are some new findings from the American Institute for Cancer Research.

- It found a 4% increase in the risk of cancer for someone who eats 15 grams of processed meat a day, which is the equivalent of a single slice of ham on a sandwich. Eating a more typical serving of 50 grams of processed meat a day would increase the risk of colorectal cancer by 18%.
- Unprocessed meat, by comparison, increases cancer risk only at amounts greater than 100 grams a day.
- Processed meat refers to any meat, including pork, poultry, lamb, goat, or others, that has been salted, smoked, cured, fermented, or otherwise processed for preservation or to enhance the flavor.
- The category includes hot dogs, ham, bacon and turkey bacon, corned beef, pepperoni, salami, smoked turkey, bologna and other luncheon and deli meats, sausages, beef jerky, canned meat, and meat-based preparations and sauces.
- Processed meats are often cured by adding sodium nitrite, which gives them a pink color and a distinct taste; however, scientists suspect they are involved in the formation of cancer-causing compounds in the body.
- Smoking. Recent studies have shown that smokers are more likely to die from colorectal cancer than nonsmokers.

Sources used for this article include The New York Times, Cancer.net, ASCO (American Society of Clinical Oncology), WebMD, EverydayHealth.

## Right Around the Bend....!

### Basket Bingo!

**Sunday, April 3**, at the New Freedom Community Center. Doors Open at 12:30, games begin at 2. Tickets \$15 before April 2; \$18 at the door. 25 games, 5 secret games, food by Tasteful Occasions.

### Voices for Hope

**Thursday, May 5**. Out Door Country Club. Doors open at 5:30, dinner and program at 6:30. Tickets \$80. Great food, great company, very special event. Deadline is April 15th for tickets.

### Give Local York

**Friday, May 6**. <https://www.givelocalyork.org/>. Your donation goes to helping give cancer patients a vacation.

### Benefit Dance

**Saturday, May 7**, Eureka Volunteer Fire Co. 6 pm–10 pm. Doors open at 5. Music by the Doug Lester Band. Tickets \$20. Food and soda sales by Eureka Auxiliary, BYOB.

### Annual Meeting and Scholarship Awards

**Wednesday, May 11**, at Hope Haven. Meeting begins at 7 pm. Refreshments are free!

### Adult Prom

**Saturday, May 14**, Wyndham Gardens, York.

### Ride For H.O.P.E.

**Sunday, May 22**. Twin Rose Charity Run, 10 am–1:30 pm. Self-guided poker run starts and ends at York Motorcycle



High School Seniors with a  
Cancer Connection:

Now Is the Time to Apply for  
the H.O.P.E. Scholarship.

Any high school senior who has been affected by cancer, either personally or with someone in the **immediate** family, is eligible to apply for a H.O.P.E. scholarship.

To apply, visit the H.O.P.E. website at <http://www.hopelifeline.org/academic-scholarship/> and download an application. If you have trouble downloading the application please call the office at 717-244-2174 or 717-244-2161 and we can email it to you.

All completed applications must be delivered or mailed to H.O.P.E. at P.O. Box 279, Stewartstown, PA 17363 **no later than March 15**. No application will be considered after that date.

### Lift a Fork for Freedom!

*Dine in or Carry Out Spaghetti Dinner.*

*Saturday, April 30.*

*Grace Church, Shrewsbury. 473 Plank Road.*

*Tickets at the door: \$8.00/adults; \$6.00/Seniors 55+; \$5.00/children 4-11. Children 3 & under free!*

*Benefits Sparrow Place, an organization that helps young women and girls who have been victimized by human trafficking. <https://www.sparrowplace.org/>*

### Miss Pennsylvania to visit York Sertoma Club!

Meghan Sinisi will present her perspectives on autism Thursday, May 26, noon, at the Wyndham Garden York. All are invited and there is no cost to attend, but register on or before Friday, May 13, since seating is limited. Email [SertomaClubofYork@gmail.com](mailto:SertomaClubofYork@gmail.com) or send a message at [www.facebook.com/York-Sertoma-Club](http://www.facebook.com/York-Sertoma-Club).

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*"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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