



# 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, April 13  
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 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

## 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:**

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Stewartstown, PA 17363

**Phone: 717-244-2174**

## INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
Two "Lesser" Cancers	Pg. 3
A Letter From Suleika	Pg. 4
Thank You, Volunteers, From Barb	Pg. 5
Upcoming Events	Pg. 5

## FROM THE EDITOR'S DESK

Happy spring! We've all sprung forward and may not have to 'fall back' after this year; that will be interesting. We are hopeful that all our spring events will take place as planned, starting Sunday, April 3, with our Spring Bingo. Check page 5 of this newsletter for information about other great events.

Next month is our annual **Voices for Hope** banquet, and for the first time in three years we're once again holding it in May – when we've always celebrated it. We're very happy to tell you a little about our two special guests (both women): the Scott Brown Seeds of Hope recipient **Daria Benard**, and our speaker **Leigh Hurst**.

**Daria Benard** has been a huge supporter of H.O.P.E. for more than a decade, and she lives in Delaware! You can only imagine the miles she has put on her car (not to mention her gas bill) as she has traveled to attend bingo twice a year and many other events. When we see her car arrive we know it will be filled with a variety of items she has purchased for our patients and their families, from food to handmade quilts to books to clothes to items for our silent auctions, even furniture. That doesn't include the regular gift cards she sends. When she isn't delivering items in person she sends us box after box. As Barb said, "We never know what's coming. It's like Christmas every few weeks." This very giving lady deserves a public thank you for all she has quietly done over the years, and we hope you can attend the Voice for Hope banquet where we honor her.

**Leigh Hurst** is a dynamic mother of two exuberant boys and a writer, speaker, and leader. She created the "Feel Your Boobies" foundation in 2004 after her diagnosis with breast cancer, one that she discovered herself while doing a self-exam, just 'feeling her boobies.' That led to a tee shirt with those words which led to hundreds of tee shirts and then to her foundation, whose slogan is "Say something big." As she explains it, "One voice matters. We all have the ability to say something big."

This slogan is the title of Leigh's book, *Say Something Big: Feel Your Boobies. Find Your Voice*, published in 2020. Here is a brief description of her book, by Dr. Beth Dupree: "With inspiring stories about how little lumps change the world, you are welcomed into the inner worlds of Maggie the professional dancer, Dana the fashion designer, Holly a stay-at-home mom, Janette a former executive, and Tyrisha a new mom. Each of these women share some of the most devastating moments of their journey and some of their greatest accomplishments that occurred because of their diagnosis of breast cancer." We hope you will join us to meet Leigh in person and hear her remarkable story.

In each newsletter we give information about the cancer being recognized for that month. April recognizes three of the lesser known types of cancer; lesser known but no less serious. Of those three we're covering two: **esophageal** cancer and **head and neck** cancer, on page 4. The third type, testicular cancer, has a 95 percent cure rate and affects far fewer people (mostly young men).

On page 5 is a moving letter from **Suleika Jaouad**, whose name you may recognize from previous newsletters. Suleika has a column you can read for free in which she discusses many topics related to cancer and how to live with it. Her letters are informative, honest, funny, and filled with compassion and love.

In just two months we are planning for the **Hope Haven** to be 'open for business.' Following is a note from our Board of Directors:

*"H.O.P.E. is looking for immediate volunteers for our Haven retreat. These volunteers will stay at the Haven during our family respite visits and be the point of contact for the families as well as their resident host. Our hosts will receive formal training and be on a rotating volunteer schedule according to their availability. Please contact the office for a volunteer interview and additional information. Thank you."*

One month that Barb holds special is **National Volunteer recognition month**. She is continually humbled by the time and generosity given year after year by so very many people. It would be impossible to mention the hundreds who have helped her since she started H.O.P.E. 28 years ago, but on page 5 Barb thanks a special handful of her current, regular volunteers.

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

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

Once again, the owners and staff of the **New Freedom Restaurant and Coffee Shop** went above and beyond to provide food and financial support to the H.O.P.E. family. Owners **Dimos and Vicky Papageorgiou** provided a delicious pasta dinner and donated all the proceeds from the February 28 evening.



The restaurant was busy from 3 to 9, but the wonderful staff kept everything moving smoothly. Diners enjoyed salad, pasta with a variety of sauces, bread, and soda, as they chatted with family and friends over dinner. The staff hustled and got everyone's dinner to them quickly.

The Papageorgious presented Barb with a check for \$3,356.41 from the dinner. The next time you're in the mood for pasta (or any of other breakfast, lunch, dinner items on the menu), stop by the New Freedom Restaurant and maybe even take a moment to thank the staff and hosts for their generous support of H.O.P.E. over many years.

## April Recognizes Two "Lesser" Cancers

**Esophageal cancer** occurs when cancer cells develop in the esophagus, a tube-like structure that runs from your throat to your stomach. Food goes from the mouth to the stomach through the esophagus. The cancer starts at the inner layer of the esophagus and can spread throughout the other layers of the esophagus and to other parts of the body.

Esophageal cancer is more common among men than women, and over the past decade the number of cases has been decreasing slightly. It is most common in whites. Although many people with esophageal cancer will go on to die from this disease, treatment has improved and survival rates are getting better. According to the American Cancer Society, the percentage of people who live for at least five years after being diagnosed is 47 percent for localized, or stage 0 and stage 1; 25 percent for cancer that has spread regionally, deeper into the inner muscle layer on the connective tissue wall or beyond the esophagus into surrounding organs and/or lymph nodes near the esophagus (stage 2 and stage 3); and 5 percent with distant cancer spread to other organs in the body and/or lymph nodes far from the esophagus (stage 4).

One of the problems with this type of cancer, like several others, is that early on there may be no symptoms. It grows slowly and may grow for many years before symptoms are felt. However, once these develop, the cancer progresses rapidly. In more advanced cases, symptoms may include difficulty or pain when swallowing; weight loss; pain in the chest, behind the breastbone; coughing, or hoarseness.

There are a number of factors which increase a person's risk of developing esophageal cancer. They include smoking or other use of tobacco; heavy alcohol use; gastroesophageal reflux disease (GERD) in which contents and acid from the stomach back up into the esophagus; or Barrett's esophagus, a condition that affects the lower part of the esophagus and can lead to esophageal cancer. (Barrett's may also be caused by GERD.) Over time, stomach acid in the esophagus can cause changes in the cells that increase risk for adenocarcinoma, one of the two types of esophageal cancer. (The other type is squamous cell carcinoma.)

**Head and neck cancer** is a group of cancers that starts in or near the throat, voice box, nose, sinuses, or mouth. Usually it begins in the cells that line the surfaces of these body parts. Doctors call these squamous cells. There are five main types of head and neck cancer. The symptoms are a bit different for each.

- **Oral cavity.** Affects the lips and inside of the mouth, including gums, cheeks, and tongue. The symptoms are red or white patches in the mouth, swelling in the jaw, or bleeding or pain in the mouth.
- **Pharynx.** This is the tube that goes from behind the nose to the top of the esophagus. It includes the tonsils, the back of the tongue, and the soft palate (the soft part at the roof of the mouth). The oropharynx is the middle section of the pharynx and includes the back one-third of the tongue, tonsils, soft palate, and the side and back walls of the throat. Symptoms include trouble breathing or talking, painful swallowing, neck or throat pain that doesn't go away, earaches, pain or ringing in the ears that keeps coming back, or trouble hearing.
- **Larynx.** The voice box; it holds the vocal chords and epiglottis, the little piece of flesh that hangs in the back of the throat. Signs of larynx cancer include painful swallowing, ear pain, or changes in the voice.
- **Nasal cavity and paranasal sinuses.** The nasal cavity is the space inside the nose. The paranasal sinuses are small spaces in the bones around the nose. Symptoms of this cancer include chronic sinus infections that antibiotics don't cure, blocked sinuses, nosebleeds, headaches, swelling around the eyes, pain in the upper teeth, problems with false teeth not fitting anymore.
- **Salivary glands.** Found in the lower part of the mouth near the jawbone, symptoms include swelling under the chin, swelling around the jawbone, numb or paralyzed face muscles, pain in the face, chin, or neck that doesn't go away.

Head and neck cancer accounts for about 4 percent of all cancers in the United States. These cancers are more than twice as common among men as they are among women. Head and neck cancers are diagnosed more often among people over age 50 than they are among younger people.

The biggest cause of head and neck cancers is tobacco. This includes chewing tobacco and using snuff, not just smoking. Secondhand smoke can also raise the risk of getting head and neck cancer. Drinking too much alcohol raises the risk, and combining smoking and alcohol makes everything worse. HPV has been shown to be a cause of 12 percent of pharyngeal (pharynx) cancer cases, 3 percent of oral cancers, and 70 percent of all oropharyngeal cancers, the latter of which is drastically increasing in the younger population. **Yet another reason for girls and boys to get the HPV vaccine.**

[Sources: [fightcancer.org](http://fightcancer.org), [webmd.com](http://webmd.com), [mayoclinic.org](http://mayoclinic.org), [cancer.gov](http://cancer.gov), [yalemedicine.org](http://yalemedicine.org), [newyorktimes.org](http://newyorktimes.org)]

# Life Interrupted, Again.

## A Letter About a Second Cancer Journey

From time to time in the past years, this newsletter has made references to or printed excerpts from the writings of Suleika Jaouad. At age 22 Suleika was diagnosed with myeloid leukemia. She had just graduated from college and moved to France to begin a job as a writer when she began to feel tired, lost weight, and developed mouth sores. Her diagnosis led to nearly four years of treatment including rounds of painful chemotherapy and a brutal clinical trial, followed by a bone marrow transplant for which her younger brother turned out to be a perfect match.

For two years during this period Suleika wrote a weekly column for the *New York Times* called “Life, Interrupted,” about living with cancer in her early 20s. The column was made into a video series and won an Emmy in 2013. She is also known for her book *Between Two Kingdoms: A Memoir of Life Interrupted*, published in 2020, which is her account of trying to figure out how to live again after her cancer was declared to be in remission.

In November, Suleika's cancer returned. Following is the message she wrote December 1, 2021, on her blog. Anyone who has cancer, has had cancer, or has suffered alongside a loved one, can relate to her words. (Parts of this have been omitted for length; you can read the entire letter as well as more of her blog posts at <https://theisolationjournals.substack.com>.) You can also read her updatee.

*Dear friend,*

*There is something I wish to tell you today, something I have long feared but hoped would never come to pass. Two weeks ago, I received the devastating news that my leukemia is back. I'm currently undergoing chemotherapy, and I have a long road ahead, including another bone marrow transplant.*

*Earlier this fall, I returned to Paris for the first time since my initial diagnosis a decade ago. It was meant to be a celebratory return, but within a day, I came down with a fever and a bad cough and spent the next week in bed. It was eerie and unsettling to find myself back there, sick again. (I'm never returning to Paris, by the way – possibly all of France.)*

*When I returned home, the cough lingered. I couldn't shake it for weeks. When I went in for routine blood work, my counts were low, and I was worried. My medical team said that if it would ease my mind, I could get a bone marrow biopsy, though the chances of my leukemia returning so many years later were extremely unlikely. I felt anxious and longed for an answer, so I pushed ahead and made an appointment. When I got the biopsy results, it felt like a sinkhole opened up and swallowed everything.*

*Everything has changed so drastically, so quickly. I feel shell shocked. There are mornings when I wake up and I can't actually believe this is happening. Amid the heartbreak, I'm taking comfort in the fact that there's been lots of progress in cancer treatments in the last decade, and that I'm in the best hands with my amazing medical teams. I've been reunited with some of my beloved nurses, like Allie, who called me in tears when she heard the news and offered to keep me company until I got ahold of my family.*

*I'm still processing, still too stunned to parse much meaning from what's happened. But the lesson I have learned over and over again is to trust your instincts and ask questions when you suspect something is amiss. Even in the minutes leading up to my biopsy, the staff were saying, “Are you sure you want to do this? it's totally up to you – just to ease your mind.” I felt embarrassed, because maybe I was overblowing things. I thought to myself, “Why did I make such a fuss?” But I was right to trust my instincts, to get the biopsy, to keep seeking answers.*

*It's been a struggle to figure out how to share this news, and I've even wondered if I should share it at all. But private suffering can be deeply isolating. The first time I went through this, I kept it very quiet for a year. The silence felt like a kind of shame, alienating me from everything and everyone and maybe worst of all myself.*

*In sharing this news with this beloved community, I'd like to ask a few things: No pity, no advice, no unsolicited medical information, no dietary recommendations, no alternative cures from great-grandmother's guru. I appreciate the good intentions behind these impulses, but please know that (unfortunately) I have a lot of experience when it comes to cancer, and I'm choosing the right path for me.*

*What I do invite is love. I've been the very fortunate recipient of so much loving care. Yet there are so many out there who are not so fortunate – and some of them are people in your own life. Reach out to someone you know who might need a little love or thoughtfulness. Everyone is carrying their own private struggle, and you never know how far your words of kindness will go.*

*If you want to reach out to me, the old-fashioned way is the best way: mail your letters to P.O.Box 201, Milford, NJ 08848. If you feel compelled to do something, and you have the means, you can donate to the Bone Marrow and Cancer Foundation or First Descents, both of which are near and dear to me.*

*In hope and gratitude and so much love, Suleika*

## A Thank-You to Our Amazing Volunteers

April is National Volunteer month and we at H.O.P.E. are very blessed to have some outstanding volunteers. H.O.P.E.'s heartbeat is made up of so many that we cannot thank them enough for their endless devotion and love. I could fill the whole newsletter with names but unfortunately I don't have the space to do that so I will just mention a few.

We need to recognize the three gentlemen who keep us running. **Craig, Mike, and Ed.** These guys do whatever we need and are here all the time. Then there are our latest Wednesday volunteers, **Terry, Cheryl, and Pete,** who are busy painting and putting together furniture so we may open soon.

We can't forget our regular volunteers who help keep the office going by taking on certain projects. Most of you are familiar with **Marty,** our "Head Elf," who also oversees our other major holiday gift givings; **Sandy,** who writes the heart-felt thank-you letters; **Bobbie,** the "Coupon Queen," who buys groceries for our pantry; and **Kay,** who prepares meals for our patients. **Lynn** creates the professional-looking gift baskets you see at our events, and when she has a down moment writes lovely notes to our patients 'just because.' Every Tuesday we can count on **Herman** to update our data entries for Quickbooks, and every Thursday we welcome **Randy** with our weekly Panera delivery. If you stop in on the last Thursday of the month you will see the ladies who prepare the newsletter for bulk mailing and are listed on the first page. We can't forget **Jean** who writes this wonderful newsletter. And last of all is our Board of Directors, also listed on page one, who have to keep me in check and make the tough decisions needed to keep H.O.P.E. running.

I hope these wonderful people and many others know that their work does not go unnoticed. They are the heart of H.O.P.E., and we appreciate them enormously.

Thank you!

**Barb**

## Coming Soon....!

### 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 Club. \$15 per person.

## 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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