



January 2017

H.O.P.E. LIFELINE



H.O.P.E.
Executive Director
Barb Titanish
Assistant Director
Carol Nelson

Board of Directors

Cheryl Schroeder—Chair
Doug Burns
Katy Lemmer—Secretary
Jack Tillett—Treasurer
Pam Hoffman
Sue Holtzinger
Buddy Hart
Melissa McDade
Wanda Mergler
Sally Miller
Debra Smithson Peters
Robin Robinson
Barbara Spurlock
Vicky Stake

**H.O.P.E. Lifeline
Production Volunteers**

Jean Lillquist—Editor
Carol Slaven—Managing Editor
Jo Huber
Linda Johnson
Kay Joy
Jeannette Keech
Mae Liggitt
Cindy Moran
Lynn Snook
Marty Streett
Rita Stephenson
Linda Topper

H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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 with offices on the second floor of the New Freedom Community Center at

150 East Main Street, New Freedom, PA 17349

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) 227-2824

Simple Tips for the New Year

- ✔ **Believe that anything is possible.**
- ✔ **Start each day with goals.**
- ✔ **Eat more real food.**
- ✔ **Buy good books and make time to read them.**
- ✔ **Drink water.**
- ✔ **Exercise daily even when it sounds like a terrible idea.**
- ✔ **Shop for quality, not quantity.**
- ✔ **Purge the unnecessary and decrease the clutter.**
- ✔ **Hug the ones you love.**
- ✔ **Find the best in others.**
- ✔ **Show others the best in yourself.**



Support Group Meeting

Date: Wednesday January 11, 2017
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: To be Announced
Topic : To be Announced

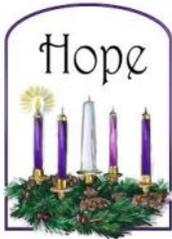
INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
On A Positive Note	Pg. 2
Angel Corner	Pg. 2
Cervical Cancer	Pg. 3
Barb Looks Back (and Forward)	Pg. 4
Energy Assistance Programs	Pg. 5
What's Happening	Pg. 5

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 717-227-2824.



“A new year lets us look back with wisdom and look forward with hope.”

- Unknown

FROM THE EDITOR'S DESK

2016 will probably not go down in the annals as one of history's more stellar years, but there is a lot of good news to report from the cancer world, both on a large scale and closer to home. A few general statistics:

- In the U.S., the overall cancer death rate is decreasing, and the number of cancer survivors is increasing.
- The reduction in the U.S. cancer death rate from 1991 to 2012 translates into 1.7 million deaths avoided, and the five-year survival rate has risen.
- From August 1, 2015, to July 1, 2016, the FDA approved 18 new medical products to use in oncology, and it approved new uses for 11 previously approved anticancer therapeutics.

Closer to home, our very own H.O.P.E. Executive Director Barb Titanish has been chosen as one of Central Penn Business Journal's Nonprofit Innovative Award finalists in the leadership excellence category. Needless to say we feel she's a shoe-in, although the official results won't be announced until the first week in March. Stay tuned.

As ever, the year was a busy and productive one for H.O.P.E., its volunteers, and others. Barb gives a wonderful wrap-up within some words of wisdom on page 4.

ON A POSITIVE NOTE...

Vasectomies Are Cancer Free

Vasectomies are not linked to prostate cancer. This long-term approach to birth control (which nevertheless can be reversed if desired) involves cutting, sealing, or blocking tubes that are located near the prostate gland. Because of this it was thought that there might be an association between having a vasectomy and developing prostate cancer. However, the results of a new study conducted on more than 7,000 people concluded there is no risk to men who undergo this procedure for developing prostate cancer.

Keep Fidgeting, Folks

Did your parents ever tell you to stop fidgeting? Do you ever say that to your own children? Well, in addition to the studies that showed that people who fidget are leaner and more fit, new research shows that an inability to sit still can help you live longer.

Studies published in several medical journals report the same thing: that the negative effects of sitting for long periods of time can be offset by shifting, shaking, or moving in your seat. Researchers in the UK categorized thousands of women as low, middle, or high frequency fidgeters. They found that sitting for long periods of time (defined as seven hours or more) was associated with a 30 percent rise in mortality only for those who fidgeted at a low frequency.

A study published in the American Journal of Physiology Heart and Circulatory Physiology reported on a test done on 11 healthy college students who were instructed to sit for three hours in front of a desk, keeping one leg perfectly still while moving the other leg (specifically they were to tap their heel against the ground for one minute and then stay still for four). The blood flow through a major artery in their legs was measured before the test began, and over the course of the test researchers discovered that in the stationary leg the blood flow declined steeply while in the other leg it rose. The most startling discovery came at the end when they compared the test results to the original measures, and found that the blood vessel in the stationary leg no longer worked as well as it had when it was first measured.

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

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



“It's the most wonderful time of the year.” We hear that saying a lot at this time of year, though it is not often said by many of our cancer patients. But with the generous outpouring of Christmas treasures for our families from myriad individuals, families, companies, churches, etc., it truly will be a wonderful time on Christmas morning. We at H.O.P.E. cannot begin to thank everyone who contributed gifts for individuals and even entire families. Many of these gifts were results of mitten trees put up by Ryu Pa Karate, Mason-Dixon Baptist Church, Stewartstown Baptist Church, Stewartstown Presbyterian Church, Railroad Café, and J & B's Grill. So to these churches and businesses and all the people who gave so generously, H.O.P.E. bestows special Angel Wings for helping to make this a joyous day for our patients and their families.

Need-to-Know Facts About Cervical Cancer

Although worldwide cervical cancer is the third most common type of cancer in women, it is much less common in the United States because of routine Pap tests. And it could occur even more infrequently than that (see article below).

Cervical cancer begins in cells on the surface of the cervix (the lower part of the uterus that opens at the top of the vagina). The development of cervical cancer is usually very slow. It starts as a pre-cancerous condition called dysplasia. This pre-cancerous condition can be detected by a Pap smear and is 100% treatable. Almost all cervical cancers are caused by HPV (human papillomavirus), a group of viruses that are spread through sexual intercourse. Most adults have been infected with HPV at some time in their lives, but most infections clear up on their own. Some types of HPV can cause changes to cells in the cervix. If these changes are found early, cervical cancer can be prevented by removing or killing the changed cells before they can become cancer cells. A vaccine for females ages 9 to 26 protects against two types of HPV infection that cause cervical cancer.

The major cause of cervical cancer is the presence of certain types of the human papillomavirus. Therefore it is vital that women get regular Pap tests, which help find any abnormal cells. Undetected, pre-cancerous changes can develop into cervical cancer and spread to the bladder, intestines, lungs, and liver. It can take years for pre-cancerous changes to turn into cervical cancer. Patients with the disease do not usually have problems until the cancer is advanced and has spread.

When present, common symptoms of cervical cancer may include vaginal bleeding, which includes bleeding between periods, after sexual intercourse, or post-menopausal bleeding; unusual vaginal discharge, usually a watery, pink, or foul-smelling discharge; or pelvic pain, especially during intercourse.

The following women are more at risk for cervical cancer than others.

- Women who have had three or more full-term pregnancies, or who had their first full-term pregnancy before age 17, are twice as likely to get the disease.
- Smoking doubles the risk.
- Women who take oral contraceptives for more than five years have an increased risk, but this risk returns to normal within a few years after the pills are stopped.
- Certain types of sexual behavior are considered risk factors for cervical cancer and HPV infection. These include sex before 18, sex with multiple partners, and sex with someone who has had multiple partners. Studies also show a link between Chlamydia infection and cervical cancer.
- Women with a weakened immune system or health condition such as HIV have a higher risk of developing cervical cancer.

Having an HPV infection or other risk factors does not mean that a woman will develop cervical cancer. Most women who have risk factors for cervical cancer never develop it. If abnormal changes in cells are discovered, the cervix is usually examined under magnification in a procedure called a colposcopy, where pieces of tissue are surgically removed (biopsied) and sent to a laboratory for examination. If the biopsy reveals cancer, the doctor needs to determine the stage of the disease to help decide upon the best treatment. Staging will help determine whether the tumor has invaded nearby tissues, or to other parts of the body. Cervical cancer spreads most often to nearby tissues in the pelvis, lymph nodes, or the lungs. It may also spread to the liver or bones.

Women with cervical cancer have many treatment options. These are surgery, radiation therapy, chemotherapy, or a combination of methods. The choice of treatment depends mainly on the size and shape of the tumor, the age and general health of the patient, and whether the cancer has spread. The treatment choice also may depend on whether the woman wants to become pregnant someday.

The Most Preventable Cancers That People Aren't Preventing

You may remember when actor Michael Douglas announced he had developed throat cancer in 2013. The photographs of his gaunt face were haunting. But did you know that kids today shouldn't ever have to worry about getting that cancer? Or any cancers of the mouth, tongue, or throat? Girls shouldn't need to worry about cervical cancer; boys can rest easier about penis cancer.

The magical elixir? The HPV (human papillomavirus) vaccine. For a decade this vaccine has been available for both girls and boys, yet too few kids have had it. Originally it required a series of three vaccinations, but that is now just two. Did you know that according to the Centers for Disease Control and Prevention 14 million people become newly infected each year with the cancer-causing forms of HPV? Did you know that there is an epidemic of HPV-related cancers in men, specifically those of the tonsil and the back of the tongue? And did you know that the HPV vaccine works—infections with the human papillomavirus tied to cervical cancer fell by more than half in U.S. teen girls after the HPV vaccine was introduced in 2006. And that is despite the relatively low rate of preteen girls who got the vaccine.

More than two thirds of healthy Americans have some form of the human papillomavirus, although most of these are benign. In fact, there are 109 known different types. They commonly cause warts and other lesions, but two in particular, HPV 16 and HPV 18, cause cancers of the cervix, anus, and penis, as well as mouth and throat. Types 6 and 11 can cause lesions and genital warts. Gardasil, the only vaccine now in production, protects against those four plus five other forms of the virus.

The vaccine should be fully covered by health insurance, so cost is not an issue. Neither is safety – the CDC says after 67 million vaccinations have been given, there is no sign of any serious side effects. The main side effect is fainting – something common in teens getting any vaccine, so they're advised to rest for 15 minutes before leaving the clinic or office where they got the shot.

A Look Backward and Forward

By Barb Titanish

A few years ago I discovered Suzy Toronto's writings, so I decided to use a few of Suzy's "Wonderful Wacky Words of Wisdom" to look back on 2016 and earlier and forward to 2017.

REACH OUTSIDE YOUR COMFORT ZONE. Years ago when Jen mentioned starting something that has become H.O.P.E., that was definitely outside my comfort zone. I didn't have the confidence it took to organize this but because of the encouragement and assistance from so many, H.O.P.E. is here. And beyond anything Jen and I could have visualized. If we hadn't reached outside our comfort zones the thousands of patients we've served over the years would not have had their lives helped in so many ways.

COLOR OUTSIDE THE LINES. We at H.O.P.E. think outside the box by helping not just the patient but the entire family. Because cancer affects the entire family. We try to help with every family member's needs, the most basic of which is food. Our pantry is overflowing with not just canned goods but frozen meats and dinners prepared by volunteers, as well as paper goods and hygiene products. These are available to families even after they no longer need our cancer services. Kids Under Construction is a group for children who are living with a cancer patient; through this we bring together vulnerable kids who can relate to and have fun with others in their position.

READ GOOD BOOKS. When people are diagnosed with cancer they often feel as if their power is taken away. One of the first things we did at H.O.P.E. was establish a library to help give the power back to the patients, because knowledge is power. We have a wonderful, up-to-date series *100 Questions and Answers About Cancer* that helps the patients understand their cancer and know what to ask. But that's just the tip of our library iceberg. We have books that are humorous, books that provide inspiration, books for young children, even books for teens.

BELIEVE THAT YOUR FUTURE DOES NOT LIE AHEAD OF YOU; IT LIES DEEP INSIDE OF YOU.

So many patients say they just can't handle this. However, when they reach deep inside they realize just how strong they are. We are here to help them find that strength and courage through the support we give. Appearance is fundamental, and we help women get confidence in their appearance through hats, wigs, and scarves. Our various support groups provide a safe forum where our patients can learn from speakers and share their own frustrations and successes. Our volunteers will always take time out to listen and offer words of encouragement when a patient drops by the office just looking for someone to listen.

STAY FOCUSED....YOU ONLY SEE OBSTACLES WHEN YOU TAKE YOUR EYES OFF THE GOAL.

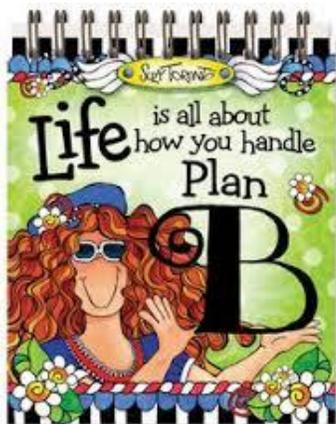
We help take away many of our families' day-to-day worries with the use of the pantry, gifts of gas and grocery cards, even transportation to and from appointments. We take care of back-to-school shopping for the students; this past year we provided filled book bags for more than 70 kids, gave each one \$75 for clothes, and provided foods for breakfast and lunch. Thanksgiving dinner is on us, the turkey and all the trimmings, and we fulfill children's specific Christmas wishes—this year 143 families received gifts galore.

DEVELOP AN ATTITUDE OF GRATITUDE. H.O.P.E. would not be here if it were not for the thousands of wonderful volunteers, donors, and supporters who have assisted in all our fundraising events like bingos, bull roasts, back-to-school and Christmas drives, pantry donations, golf tournaments, and other special events over the past 22 years. They are the gift that keeps on giving.

MAKE YOUR LIFE AND ACTIONS A STORY WORTH TELLING. Twelve years ago we developed our spring gala, Voices for Hope, so we could do just that. Through the Scott Brown Seeds of Hope Award we celebrate a person in our community who has made a huge contribution to our organization and patients. The Voices event brings together many of our H.O.P.E. family in an evening of wonderful food and inspiring words.

ALWAYS BELIEVE THAT SOMETHING FABULOUSLY AMAZING IS GOING TO HAPPEN.

For years I have talked about the dream of a vacation from cancer retreat. Well folks, we signed a contract this past year for 49 acres of land. Despite the naysayers who said they didn't see the need we continued to dream, and after years of searching we were shown the perfect place, practically in our backyard. So look out 2017, H.O.P.E. is going to get even bigger and better.



- Suzy Toronto

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

H.O.P.E. Has Partnered With Community Aid (Neighbors Helping Neighbors) to Collect Clothing.

We Need Your Clothing, Shoes, Bedding, Curtains, and Drapes.

These Items Will Benefit H.O.P.E. With Every Pound You Donate!



(No Small Appliances or Furniture, Please.)

The Container Is In the H.O.P.E. Parking Lot. Four More Containers Will Be Located in Shrewsbury and Stewartstown Next Year.

We Have A New Partner!

H.O.P.E. is thrilled to announce its new partnership with Members 1st Federal Credit Union. This wonderful company is welcoming members of our H.O.P.E. family to become members, and its employees are going to volunteer their time to help us with various events and in other ways.

If you're looking for a financial establishment, check out our friends at Members 1st Federal Credit Union and tell them H.O.P.E. sent you!

American Cancer Society Relay For Life is Holding a Vendor Bingo

Sunday, February 12, at the Eureka Fire Hall in Stewartstown.

Doors will open at noon and games begin at 2 p.m.

All interested Vendors are asked to contact Kayla Buttrill at 814-590-0133.

Vendor sign-up deadline is January 12.

A monetary vendor fee is not required. Instead, vendors are asked to donate a prize valued at a minimum of \$20 and sell 10 tickets.

Energy Assistance Programs

The Pennsylvania Public Utility Commission offers assistance with heat to people who qualify. Below are some of the programs offered. For details, you can go to the website at www.puc.state.pa.

Budget Billing—All residential customers may contact their electric or natural gas company and request budget billing at any time. Each monthly bill will be the same amount. The company may adjust the bill four times a year, up or down, depending on the customer's usage.

Customer Assistance Program (CAPS)—Can lower your monthly utility bill and may also remove the amount already owed. The company works with the customer to determine what the customer can pay versus the cost of energy used.

Customer Assistance Referral and Evaluation Program (CARES)—Helps customers with special needs such as family emergencies, divorce, unemployment, or medical emergencies.

Low Income Usage Reduction Program (LIURP)—Helps low-income residential customers lower the amount of electricity or natural gas used each month. This could include the installation of energy-saving features in the home to reduce bills.

Low-Income Home Energy Assistance Program (LIHEAP)—Federal program that provides financial assistance to needy households for home energy bills.

Hardship Funds—Provide payments directly to utility companies on behalf of eligible customers.

Dig Out Those Snow Shovels and Stand By To Help H.O.P.E.

The white stuff is beautiful but not if you have to go somewhere. And often people don't have a choice. Every year we put together a "Snow Brigade" to help people who need to get to a doctor's appointment or treatment.

If you would like to help these cancer patients and their families, please call the H.O.P.E. Office at 717-227-2824.

Calling All Handymen!

The office needs your expertise. We would like shelves built for our hats, wigs, and scarves, and a solar curtain installed so that our newsletter editor won't be blinded by the morning sun.



Here's Something Easy to Make That Has Only Natural Ingredients—Shampoo!

Mix together the following and then store in a BPA-free plastic container.

- 6 ounces of aloe vera gel
- 3 tablespoons of olive oil
- 10 tablespoons of baking soda
- 15 drops of rosemary oil
- 10 drops of geranium oil



Visit Us on the Web
<http://www.hopeforcancerfamilies.org>
"Like" Us on Facebook:
H.O.P.E. (Help for Oncology Problems and Emotional Support)

Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd Floor (Elevator Available)

Everyone is Welcome!
(Cancer patients, care givers, families and friends)
Need transportation to the Support Group Meeting?
Call 717-227-2824



"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."

Nonprofit Org
U.S. Postage Paid
Permit No. 61
Shrewsbury, PA 17361

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 227-2824
RETURN SERVICE REQUESTED