



August 2016

# H.O.P.E. LIFELINE



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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  
17) 227-2963

## Music Fest

August 28

12—6 p.m.

Pond View Farm  
Norrisville, MD

Featuring music by Foggy Hollow, Long Ryde, Dakota, Set Free

With D.J. Chris Wagman

Tickets (ages 16 and up)

in advance, \$18

At the door, \$20

Music, Games of Chance,

Food, Fun, BYOB

gg61060702 www.gograph.com

## 13<sup>th</sup> Annual Shrimp and Bull Roast

All-You-Can-Eat Buffet Menu—Meat, Shrimp, Sides, and Desserts

Draft Beer and Wine Included

7-11 P/M



Saturday, September 24

Jarrettsville Gardens

3825 Federal Hill Road

Jarrettsville, MD

\$40/person; tickets are limited.

Special offer: Buy 9 tickets before August 30, get 10th ticket free & a reserved table.

## Support Group Meeting

Date: Wednesday August 10, 2016  
Time: 7:00 p.m.  
Location: H.O.P.E. Serenity Room  
Speaker: TBA  
Topic: TBA

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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 717-227-2824.



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*“You better cut  
the pizza in four  
pieces because  
I'm not hungry  
enough to eat  
six.”*

-Yogi Berra

## FROM THE EDITOR'S DESK

In the past five years I've been associated with this H.O.P.E. newsletter, amazing advances have been made in the understanding and treatment of all types of cancers. What hasn't changed as much is prevention. Over and over the same guidelines for living a healthy life have been emphasized. Genetics aside, these common sense recommendations are the best way to avoid the risk of cancer as well as other major diseases.

- Eat wisely.
- Maintain a healthy weight.
- Limit alcohol intake.
- Don't smoke.
- Exercise.
- Get plenty of sleep.
- Stay social.
- Try to manage stress.
- Schedule regular check-ups.

This month's newsletter will go into more depth about the first two items and hopefully give you some information that can help you live as healthy a lifestyle as possible.

## ON A POSITIVE NOTE...

Those who know Barb know about her 'Godwinks,' little miracles that come along at just the right time. You may have seen a notice in previous newsletters seeking a new assistant to help Barb manage the office and beyond. Well, we're happy to introduce that new assistant, Barb's latest Godwink.

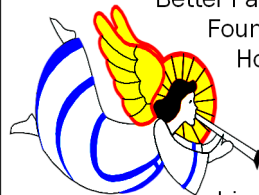
Carol Nelson has the perfect background for H.O.P.E. She worked in hospital ERs as an administrative assistant and worked as a support tech for a medical records software company. It wasn't through either of these that she and Barb met, however. Carol is one of Barb's lady bikers. These are women who over the years have ridden thousands of miles to raise money for H.O.P.E. and have supported Barb in many other ways. Carol has been a member of the organization for 24 years so for her, too, this new position is a Godwink. As she said when asked her feelings about officially joining the H.O.P.E. family: "I am tickled pink! I never imagined in my wildest dreams that such a wonderful opportunity would ever come my way. I feel very blessed that Barb has brought me into her family, so I can help her make H.O.P.E. grow and assist with her many duties and hopefully make her life a little better. I can't wait to get started."

Carol will be at her desk August 1, so next time you're in the office peek around the corner and welcome her.

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

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

This year in the spirit of "paying it forward" the Humphries family held their fifth annual "Better Father For It Family Walk & Run" to benefit H.O.P.E. and the York Health Foundation. The June 26 event featured exercise on scenic trails at the Hopewell Area Recreation Complex and food, drinks, games, and a place where kids could play.



Dad Keith Humphries was diagnosed with Stage IV lung cancer in 2012, and Keith's father died of cancer at the age of 38. Keith and his family decided to start their walk to "create fun, lasting memories, celebrate life and do something good for an important cause." The five annual events have raised nearly \$30,000 for H.O.P.E. and the York Health Foundation. H.O.P.E. thanks all the participants who help support our cause, and grant special Angel Wings to the Humphries family.

## How To Eat Smart and Stay Healthy

We all know that eating right can help us maintain a healthy weight and avoid certain problems. But did you realize that diet can affect your mood and sense of wellbeing? Studies have linked the typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary beverages and snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia.

Following are some suggestions that deal with more than just the foods that you should and should not eat.

- Prepare more of your own meals.
- Opt for more fresh ingredients and fewer prepackage and processed foods.

### Read labels.

- Starting with calories—a rule of thumb to follow is 40 calories is low; 100 calories is moderate; 400 calories or more is high.
- You want foods that have less than 10 grams of fat per serving and less than 3 grams of saturated fat. Another way to look at this is percentage: 5% is low and 20% or more is high. (However, polyunsaturated and monounsaturated fats are 'good fats' because they can help lower your cholesterol.)
- Sugar content should be 15 grams or less.
- Sodium should be under 1,500 milligrams. (Try to keep your overall daily sodium intake to below 2,400 mg.)
- Protein is necessary in a diet but very easy to get. Women should have around 50 grams a day; men 60 grams.
- Fiber is a good ingredient; the more the better. Look for 3 grams or more in breads and cereals.

- Focus on how you feel after you eat. The more healthy food you eat, the better you'll feel. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.
- Drink plenty of water.
- Think smaller portions. Be especially wary when eating out; some restaurant portions are more than twice the size and twice the calories.
- Take your time while eating.
- Try to avoid eating in front of the TV or computer or other distraction that can lead to mindless overeating.
- Eat breakfast and eat smaller meals throughout the day.
- Avoid eating at night.
- Consider substitutes for salt. Too much of it can cause high blood pressure and lead to an increased risk of stroke, heart disease, kidney disease, and memory loss, and has been linked to stomach cancer. When cooking at home try other seasonings like herbs and spices. Turmeric does double duty—in addition to adding flavor it also contains curcumin, a spice that can help prevent pancreatic, colon, prostate, liver, esophageal, and multiple myeloma cancers.

### Sugar Is Evil.

Probably the most significant recent finding in health research has been how harmful sugar is. Not only does it add weight but it causes energy spikes and has been linked to diabetes, heart disease, depression, and even an increase in suicidal behaviors among young people.

But it also helps cancerous tumors grow. A team of doctors from MD Anderson found that fructose, a major component of refined sugar (sucrose), helps cancer cells metastasize, or spread, and that cancer patients who eat more sugary foods are more likely to have advanced cancer. One study fed sugar to mice, and at the age of six months the mice that had been fed extra sugar had breast tumors, and the more sugar they were fed, the bigger the tumors grew. Other studies found that pancreatic tumors also thrive on fructose. The World Health Organization recommends that people get no more than five percent of their calories from sugar. The USDA is slightly more generous, recommending 10 percent, which breaks down to around six teaspoons a day for women and nine for men. That was the lowest dose of sugar the scientists fed the mice in their study, and even that amount fed tumor growth. And consider this: an average 12-ounce can of soda contains ten teaspoons of sugar.

## Fruits and Veggies and Fiber and Protein

Everyone knows that **fruits and vegetables** are low in calories and packed with vitamins, minerals, antioxidants, and fiber. But did you know that the more colorful the food item, the higher the concentration of all these good ingredients? So when you select vegetables, think color! Here's why.

- Red (raspberries, tomatoes, watermelon, red cabbage, kidney beans, cherries, strawberries, beets) are likely to be rich in the antioxidants lycopene and anthocyanin. The lycopene in tomatoes is known to help prevent prostate, lung, and stomach cancers and was found to stop endometrial cancer cell growth. Lycopene seems to be best available to the body when tomatoes are cooked and eaten in a meal that provides a small amount of fat, and one study showed that tomato paste contained nearly three times the lycopene as fresh tomatoes.
- Orange and yellow fruits and vegetables are rich in beta-carotene which the body converts to vitamin A that helps keep skin, teeth, and bones healthy, and improves night vision.
- Green vegetables are also good for the eyes, bones, and teeth, and contain antioxidant vitamins C and E, as well as vitamin K which helps blood clot properly. Broccoli in particular contains sulforaphane, a compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals.
- Blue and purple fruits and vegetables contain anthocyanins, which have powerful antioxidant properties, and flavonoids and ellagic acid, compounds that may destroy cancer cells. The anthocyanins and ellagic acid in blueberries and black raspberries have been shown to fight cancer cells in the lungs, stomach, breasts, and pancreas. Anthocyanins and ellagic acid also show anti-inflammatory properties that may prevent cancers of the esophagus and colon.
- White fruits and vegetables, including apples, pears, bananas, cauliflower, and cucumbers, are high in dietary fiber which helps protect you from high cholesterol, and also lowers your risk of stroke.

Shoot for 21 to 38 grams of **fiber** per day. Good sources include whole grains, wheat cereals, barley, oatmeal, beans, and nuts; vegetables such as carrots, celery, and tomatoes; and fruits such as apples, berries, citrus fruits, and pears. Fiber stays in the stomach longer than other foods which leads to eating less and aids in maintaining a healthy weight.

**Protein** gives us the energy to get up and go—but for cancer patients it is especially important for cellular regeneration. If you don't make enough red blood cells you will feel weak and tire easily, and if you don't make enough white blood cells you will have a tough time fighting off even the mildest of colds. The best sources of protein are eggs, fish, chicken, and plant-based foods such as beans, nuts, and grains. Soy is an especially good source of protein and contains myriad substances that protect the body from cancer, particularly breast and ovarian.

### Weight and Body Type

A healthy weight depends on two factors: body mass index (BMI) and waist size or circumference. Body mass index is a number based on a person's weight and height that provides a way to estimate the effect of weight on health.

To calculate BMI, the following equation is used: the person's weight in pounds and height in inches times 703 divided by the person's inches squared.

So for a person who weighs 200 pounds and is 5' 10" tall (70 inches) the BMI would be 28.69. Another person of the same height who weighs 175 pounds would have a BMI of 25. Here's what those numbers mean.

If your BMI is less than 18.5, you are in the underweight category, which can have its own health implications. If the number is between 18.5 and 24.9, you're in the recommended weight range for your height. If your BMI falls between 25 and 29.9, you are in the overweight category, which still may not be unhealthy providing your waist size is below risk and you are eating right and exercising. If your BMI is 30 or over you're considered obese and probably need to change your eating and activity habits to stay healthy. As for our two hypothetical people above, the first is in the overweight range and the second just falls in at recommended.

Waist circumference is associated with increased risk of type 2 diabetes, high cholesterol, high blood pressure, and cardiovascular disease because of excess abdominal fat. You probably know the worst place to carry excess weight is in this area. (Better to have a 'pear' shape than an 'apple' shape.) To measure your waist circumference place a tape measure around your body at the top of your hipbone. This is usually at the level of your belly button. Men are at an increased risk for health problems if their waist is greater than 40 inches in circumference. For women the risk is 35 inches.

## Hot weather is around the corner, and that means ice cream!

Visit Summers Ice Cream and Snowballs in Stewartstown and Bonkeys Ice Cream and Snowballs in New Freedom.

Now open every day! You can satisfy your sweet tooth and help H.O.P.E. by purchasing the H.O.P.E. Sundae: five layers of different delicious ice creams and toppings.

### Yard Sale For H.O.P.E.

Saturday, September 10

The Markets at Shrewsbury

12025 Susquehanna Trail

All Proceeds Benefit H.O.P.E.

Interested sellers call 717-235-6611



Come and say hi to us at our H.O.P.E. booth and see what other bargains you can find. A great way to enjoy the fall weather.

### Going Back to School is Expens\$ive!

You can help our kids start back to school with the necessities.

- \$15 donation will provide a backpack.
- \$30 donation buys school supplies.
- \$50 donation buys new shoes.
- \$60 donation buys a set of new clothes.



Last year H.O.P.E. helped send 90 kids back to school with their heads held high.

### Shop With H.O.P.E. For a Cause



Saturday, October 22, 8:30 to 2 p.m.

New Freedom Community Building

150 E. Main Street

50+ Crafters and Vendors

Chinese Auction—Raffle

Admission—2 cans of food for the food pantry  
or donation to H.O.P.E.

## FYI—CLIP & SAVE

### Which Produce Is Best

It's summer and fresh produce is easily available. But you still need to be aware of pesticide residue on fruits and vegetables, even the ones you get from the neighboring farm. Following is a list of the safest sources of some popular produce according to Consumer Reports. The rating of pesticide risk is low, very low, medium, and high. Countries are listed alphabetically.

- **Apples**—Look for New Zealand. **U.S. risk is high.**
- Asparagus—Mexico risk is very low; U.S. is low.
- Bananas—Look for Colombia, Costa Rica, Ecuador, Guatamala, Honduras, Mexico. All low risk.
- Blueberries—Look for U.S., very low; or Mexico, low.
- Broccoli—Look for U.S., very low; Mexico, low.
- **Cantaloupe**—Honduras and Mexico are very low risk; Costa Rica and Guatemala are low; **U.S. is high risk.**
- **Carrots**—Look for organic. Canada, Mexico, and **U.S.** are **high risk** of pesticides.
- Celery—Mexico, very low; U.S., low.
- Cherries—U.S. is low risk of pesticides.
- Cherry tomatoes—U.S. is low.
- Corn—Mexico and U.S. are very low risk.
- **Cucumbers**—Look for Canada or Mexico, low. **U.S. is high.**
- **Green beans**—Look for organic. Gautemala is medium; Mexico is high; **U.S. is very high.**
- Lettuce—Mexico and U.S. are low.
- Mushrooms—Canada, very low; U.S., low.
- Nectarines—Look for organic. U.S., medium; Chile, high.
- Onions—Peru and U.S., very low.
- Oranges—Look for Chile, South Africa, U.S., all low.
- **Peaches**—Look for organic. Chile and **U.S.** are **high risk.**
- Pears—Argentina and U.S. are low.
- Potatoes—Look for Canada, low. U.S. is medium risk.
- Spinach—Mexico, very low; U.S., low.
- **Strawberries**—Look for organic. **U.S. very high.**
- **Summer squash**—Look for Mexico, low. **U.S. is high.**
- **Sweet potatoes**—Look for organic. **U.S. is high.**
- **Tangerines**—Look for organic. Chile, South Africa, **U.S. high**
- Tomatoes—Canada, low; U.S., medium; Mexico, high.
- Watermelons—Guatemala, very low; Mexico and U.S., low.

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  
2<sup>nd</sup> Wednesday of every month at 7pm  
H.O.P.E.'s Serenity Room in the New Freedom Community Center  
150 East Main Street, 2<sup>nd</sup> 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."*

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