



November 2017

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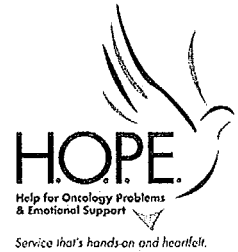
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H.O.P.E.
 P.O. Box 175
 Shrewsbury, PA 17361

H.O.P.E. LIFELINE



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

Basket **BINGO!**

Sunday, November 5
 New Freedom Community Building

Doors open at 12:30
 Games begin at 2

Refreshments for sale by
 Tasteful Occasions

Tickets \$15 before November 3
 \$18 at the door.

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

Call 717-227-2824.

Donate items for food pantry for
 chance to win prizes.



Ho! Ho! Ho!

**'s Almost Time
 for H.O.P.E.'s
 Annual Christmas
 Party**

Sunday, December 3

2—4 p.m.

**Westminster Place in
 Stewartstown**

Santa Will be There!

Live Entertainment!



Support Group Meeting

Date: Wednesday, November
 Time: 7:00 p.m.
 Location: H.O.P.E. Serenity Room
 Speaker: None
 Topic: Giving Thanks

H.O.P.E.'s Office Hours are
 Monday through Friday, 9:00—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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“When we remember a special Christmas, it is not the presents that made it special, but the laughter, the feeling of love, and the togetherness of friends and family that made that Christmas special.”

– Catherine Pulsifer

We love helping all of you, and we ask your help as well. Please refrain from dropping by the office at lunchtime, from 12 to 1, as we will be unable to provide assistance at that time. It's best for all if you call in advance for an appointment. Thank you.

FROM THE EDITOR'S DESK

Christmas anticipation is everywhere. And nowhere more than here at H.O.P.E. We begin preparing for Christmas almost before the stores do because of what we do. Every year we provide our families with gifts and gift cards for every member of the family. Each child receives 10 wrapped presents based on a wish list their parents provided. In addition, they receive pajamas and a handmade afghan, a hat, and mittens. Parents also get gifts.

None of this could be done without the support of our generous friends. Banks, churches, restaurants, a karate school, and many more organizations give money and gifts. Individuals and families 'adopt' families. We have people who have adopted the same family year after year. How unfortunate that cancer can be such a long-lasting disease, but how fortunate that these parents know they won't have to worry about buying gifts for Christmas.

Head Elf Marty Streett and her assistants are beginning to sort and wrap the gifts that generous Santas are dropping off. But we can still use more. We have fifty families with a total of 108 children to take care of this year. You can help by purchasing a gift card and dropping it off at the office or mailing it to us. Amazon, Target, Kohl's, Walmart, and Giant are some of the most popular and useful stores. For these families, were it not for H.O.P.E., Christmas would be just another hurdle to overcome and not the joyous time it once was when there was no cancer in their lives.

November is lung cancer awareness month. More people die from this disease than any other cancer. Yet only 6% of federal government dollars spent on cancer research are used for lung cancer research. Rather than state the obvious, which is don't smoke, we are giving other lung cancer information in this month's newsletter.

ON A POSITIVE NOTE

Penn State Cancer Institute wants to help all cancer survivors through its new program called Partnering to Prevent and Control Cancer. They're looking for 200 survivors who are at least 18 years old, have received a cancer diagnosis, and live in York or another rural PA county. Their ultimate goal is to create a program designed specifically for rural cancer survivors that will help increase their physical activity. "Being physically active is an important part of a healthy lifestyle. Studies have shown that being physically active can decrease the risk of breast, colorectal, and endometrial cancer, and women who are active before and after a cancer diagnosis have a greater chance of survival."

Participants will be asked to do the following:

- Complete a brief questionnaire on general health and health behaviors (about 30 minutes).
- Complete a second questionnaire about physical activity preferences and about barriers to being physically active (about 60 minutes.)
- Participate in an **optional** in-person interview (about 60 minutes).

And if better health and a better survival chance aren't incentive enough, here are a few other reasons you should consider joining this program:

- Upon completion of the questionnaires, you will be entered to win one of ten \$25 gift cards.
- Participation is completely voluntary and you can withdraw at any time.
- There is not cost or travel required—the questionnaires are mailed or emailed to you.

For more information, call **814-863-0132** or email **HDPARlab@gmail.com**.

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

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



Southern York County is proud of its **Lions and Lioness Clubs**. These philanthropic groups are organized for the purpose of helping people. The Lions hold a special place in Barb's heart because her father was one of the original organizers of a group in his town, and in fact, he won a national award for his service.

New Freedom's Lions Club has supported H.O.P.E. since we established our office here, 18 years ago. This year the group gave us a check for \$1,500 from the profits of the summer carnival. The Lioness Club gave us a generous donation in April.

Stewartstown has a Lions Club and soon Shrewsbury will as well. Angel Wings go to all those wonderful civic humanitarians.

Lung Cancer Is Still A Leading Killer Worldwide

Lung cancer kills more than a million and a half people worldwide every year. It is the second most common cancer in both men and women. In men only prostate cancer is more common, and for women it is breast cancer. About 14% of all new cancers are lung cancer.

Even more sobering is the fact that lung cancer is the leading cause of cancer death among both men and women; about one out of four cancer deaths are from lung cancer. Each year more people die of lung cancer than of colon, breast, and prostate cancers combined.

Lung cancer occurs mainly in older people. About two out of three people diagnosed with it are 65 and older, while less than 2% are younger than 45. The average age at the time of diagnosis is about 70.

Non-smokers Can Get Lung Cancer Too

Lung cancer is caused primarily by smoking. About 85% of all U.S. lung cancer cases are linked to smoking. However, each year 16,000 to 24,000 non-smoking Americans die of lung cancer each year; in fact, if lung cancer in non-smokers was its own type of cancer it would rank among the top ten most fatal cancers in the U.S., according to the American Cancer Society.

The leading cause of death among non-smokers is exposure to **radon**, which is a tasteless and odorless radioactive gas. Radon gas is found in homes all over the U.S. Any home in any state may have a radon problem: new and old homes, well-sealed and drafty homes, and homes with or without basements. Air pressure inside your home is usually lower than the pressure in the soil around your home's foundation. Because of this difference in pressure, your house acts like a vacuum, drawing radon in through foundation cracks and other openings. Your home then traps the radon inside, where it can build up. The EPA offers a free booklet, *A Citizen's Guide to Radon*, that offers information about testing your home and how to fix the problem if levels are too high.

Another cause of lung cancer is **second-hand smoke**. According to the CDC this is the third leading cause of lung cancer, with approximately 3,000 adults dying from it each year. A final cause of lung cancer in non-smokers is **air pollution**, classified in 2013 as an official carcinogen. Exposure to asbestos and diesel exhaust can also contribute to the risk.

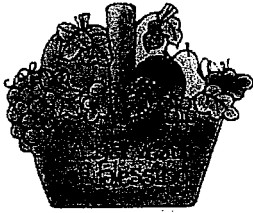
Spotting lung cancer can be a challenge. Although researchers are working on developing breath and blood tests, there is currently no standard method for detecting lung cancer in its early stages. In fact, most diagnoses of early lung cancer are accidental. Patients get computerized tomography (CT) scans for other reasons and the cancer is found in the process. However in many cases the cancer has metastasized even before it causes symptoms that can be picked up by a scan.

The typical screening method is getting annual CT scans. Those at a higher risk for lung cancer include people between the ages of 55 and 80 who have a history of smoking or lung cancer in their families. Exposure to radon gas, asbestos, chromium, nickel, and secondhand smoke can also increase a person's risk, as can ethnicity and gender. White females and black males have a higher chance of contracting lung cancer than other racial groups, according to the Centers for Disease Control and Prevention.

But for those who are not high risk, seemingly nonthreatening symptoms such as a nagging cough or back pain are often the only signs of lung cancer. This means many patients don't visit their doctors right away, and by the time a patient receives a diagnosis based on symptoms, it usually means the cancer has already become fairly advanced.

Pennsylvania Energy Assistance Information

The leaves are falling and the temps are dropping; cold weather is just around the corner. Once again the Pennsylvania Public Utility Commission is offering energy assistance to various customers. For more information on the specific programs, go to PUC Energy Assistance Programs where you will find details about each program, its requirements, and benefits. The state is very concerned that its low-income residents are able pay their fuel bills and offers many programs that help them do this.



*“Not what we
say about our
blessings, but
how we use
them, is the true
measure of our
thanksgiving.”*

– W. T. Purkiser

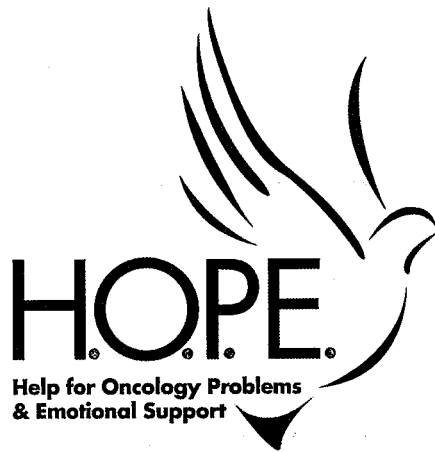
What You Should Do When You Get a Lung Cancer Diagnosis

An estimated 222,500 Americans will get the unwelcome news that they have lung cancer in 2017, according to the American Cancer Society. Here are some suggestions from *Everyday Health* about what to do after receiving this diagnosis:

- **Search the web with caution.** There's a lot of information out there, an overwhelming amount, and much of it seems to be in another language. Wait until you know more about your specific case and have a better idea what information you're seeking.
- **Get a second opinion.** In a review of studies published in May 2014 in Mayo Clinic Proceedings, about 42% of cancer patients who sought second opinions ended up choosing different treatment plans. Asking for more advice, or a repeat or review of scans or tests already completed, is a good idea, especially if your initial diagnosis was made at a local hospital and not at a major cancer treatment center. And don't worry that your first doctor will be insulted; professionals expect you to solicit other opinions.
- **Opt for a top treatment center.** If you can, get seen at a hospital or academic medical center that has an experienced team of lung cancer specialists. Look for a surgeon who has done lung cancer surgery many times, and who is experienced in VATS (video-assisted thoroscopic surgery) or another type of minimally invasive robotic surgery. The National Cancer Institute has a searchable list of designated cancer centers.
- **Get your cancer genetically mapped.** If your oncologist hasn't said anything about genetic testing of your tumor, ask. A handful of genetic mutations have been identified in lung cancer, and having one is a plus because there are drugs available that target all of them. Anyone who has surgery to remove a tumor should have that tumor tested.
- **Identify a point person,** the one who will be with you for appointments. This person will help keep track of everything. It's also a good idea to record conversations during appointments so that you can listen to them later and more than one time.

Updates From the Lung Cancer Front:

- A type of radiation therapy seems to provide a significant survival advantage for older people with early stage lung cancer who aren't strong enough for surgery. The therapy is called stereotactic body radiation (SBRT) and it's been available for about a decade. Rather than receiving relatively small doses of radiation on a daily basis over the course of several weeks as in typical radiation treatment, patients receive three to five treatments over a period of one to two weeks of very focused beams of high-dose radiation that more directly target a tumor.
- E-cigarettes appear to trigger immune responses like the ones triggered by regular cigarettes. Immune responses are the biological reactions of cells and fluids to an outside substance the body doesn't recognize as its own. Such immune responses play roles in disease, including lung cancer spurred on by cigarette use. Another study which studied the effects of e-cigarettes on genes showed that the same genes important for immune defense are altered by smoking both cigarettes and e-cigarettes. These findings add further doubt to the belief that switching to e-cigarettes is a healthier alternative.



Service that's hands-on and heartfelt.

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28, 2017

November 1, 2017

Our Patients, Family and Friends,

Cancer touches everyone. In the United States alone, 1 in 2 men and 1 in 3 women will develop cancer in their lifetime. That's why there's H.O.P.E (Help for Oncology Problems and Emotional Support). H.O.P.E. is a local non-profit organization that provides support to cancer patients and their families with meals, transportation to medical appointments, resource materials, wigs and hats, support groups and many other services, all at no charge to the participants.

Unfortunately, cancer does not take a break because of difficult economic times. The financial burden of cancer is experienced at all stages. Patients and their families not only have to spend all their resources on medical care, transportation and cancer drugs, but they lose these resources from the loss of jobs and opportunities to pay for these necessities. No one should have to decide between food on the table for their family or chemo drugs to survive.

As you know, H.O.P.E. provides a variety of services, to cancer patients and their families. Our volunteer network is currently providing support to over 480 area cancer patients and their families. We provide transportation, counseling, wigs and clothing, food, school supplies, children's activities, gas cards, equipment – whatever they need! All our services are free.

At H.O.P.E. the families we support are faced with additional financial hardships when these expenses occur. Each year we try to help them with school supplies and clothing for their school-aged children. Last year we assisted 70 children. This year we have over 75 students that need our support. This year for our Christmas Program, we have over 110 children and more coming in every week. Obviously this is an unattainable task without compassionate people in our community that are willing to extend their generosity. *We need your support.*

This year, on Tuesday, November 28th, 2017, H.O.P.E. (Help for Oncology Problems and Emotional Support) is participating in #GivingTuesday, a global day dedicated to giving. The day we begin our year-end giving by making a contribution to favorite organizations like H.O.P.E.

In previous years, more than 45,000 organizations in 71 countries came together to celebrate #GivingTuesday. Since its founding in 2012, #GivingTuesday has inspired giving around the world, resulting in greater donations, volunteer hours, and activities that bring about real change in communities. We invite you to join the movement and to help out and give this November 28th.

H.O.P.E. has joined #GivingTuesday, a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide. Occurring this year on November 28, #GivingTuesday is held annually on the Tuesday after Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday to kick-off the holiday giving season and inspire people to collaborate in improving their local communities and to give back in impactful ways to the charities and causes they support. We would appreciate anything you can do to help, no amount too small and we hope you visit <http://www.hopelifeline.org/givingtuesday> on Tuesday, November 28th to make your online donation.

Can you help us help the families affected by cancer? Please consider making a tax deductible donation on #GivingTuesday, November 28th!

Warmest Regards,



Barb Titanish, Founder/President
H.O.P.E. (Help for Oncology Problems and Emotional Support)
Physical Address: 150 East Main Street, New Freedom, PA 17349
Mailing Address: P.O. Box 175, Shrewsbury, PA 17361
717-227-2824



**->> Panera <<-
FUNDRAISING™**

HELP SUPPORT

HOPE

WHERE 98 Sofia Drive, Shrewsbury, PA 17361

WHEN Tue, Dec, 5th

FROM 4:00 P.M. - 8:00 P.M.

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase.*

Ordering Online for Rapid Pick-Up or Delivery?*

Enter "FUND" as your Promo Code to have a portion of your proceeds donated to your organization.

Learn more at PaneraBread.com/fundraiser

*Gift card purchases and catering orders are excluded and will not count toward the event.
Rapid Pick-Up and Delivery only where available.

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Lung Cancer Support Is Just a Click Away

Despite the fact that lung cancer is the second most common cancer, it doesn't get nearly the 'respect' other cancers do. Considered to be a smokers' disease, it has stigmatized its victims because family and friends feel that they could have avoided it by just not smoking. Lung cancer is also a disease that is almost undetectable until it's too late. Lung cancer patients have a higher suicide rate than people with any other kind of cancer. Following are some organizations that provide support to lung cancer patients, their caregivers, and anyone else who wishes to learn more about the disease.

Lungevity

The LUNgevity foundation is a nexus of support for lung cancer patients and caregivers. Among its many programs are a Lung Cancer HELPLINE (a telephone service that connects you with an oncology social worker), a peer-to-peer mentoring program called LifeLine Support Partners, in which you're matched with a mentor, and Clinical Trial Ambassadors, through which you can meet lung cancer survivors who've participated in a clinical trial and can guide you through the practical and emotional factors that go into deciding if you want to enroll in one. You'll also find links to a wide range of online support groups.

Lung Cancer Alliance

The Lung Cancer Alliance offers a help line for one-on-one support, a Phone Buddy program that matches you with other patients, a National Lung Cancer Support Group Network, which will tell you what support groups are near you, and a free app (on iTunes and Google Play), developed specifically so lung cancer patients can connect with one another.

LungCancer.org

Part of the nonprofit CancerCare, LungCancer.org is a hub of information and support for patients, families, caregivers, and those who've lost a loved one to lung cancer. Among the services it provides are phone counseling from CancerCare's staff of oncology social workers and an array of online, telephone, or in-person support groups — whichever works best for you.

WhatNext

Developed in part with the American Cancer Society, WhatNext is an online peer-matching service. Plug in your type and stage of cancer, and you'll be connected to people who have first-hand experiences that closely align with yours, and who may have answers to your questions. You can read patient stories (or watch videos) and share your own. If you do volunteer your own answers, advice, or personal testimonials, they'll be cataloged to make them easy to find by others. There are also American Cancer Society resources on tap.

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.

Coming the beginning of November four other containers:

- Stewartstown Presbyterian Church
- Old Mill Shopping Center in Fawn Grove
- Hametown Park
- The "Coop" in New Freedom



Panera Helps H.O.P.E.



Shrewsbury Location, 98 Sofia Drive

Tuesday, December 5

4—8 p.m.

Ordering online for Rapid Pick-up or Delivery?

Enter **FUND** as the promo code.

Dining there? Go to our website, hopeforcancerfamilies.org, and look for Panera night in our fundraising pull-down menu.

Bring printed-out flyer or download to electronic device.

Warm Up With Tea at the Log Cabin in the Woods

Monday, December 4, at Noon

Enjoy tea, food, and friendship in a festive Christmas sitting

All are welcome but seating is limited

For reservations, call 717-227-2824



Happy Hour for H.O.P.E.

Friday, November 3 5—9 p.m.

Bon Air Country Club

2287 Club House Road, Glen Rock

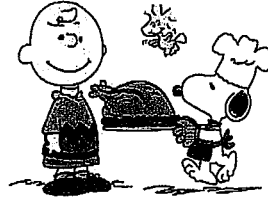
For more information call 717-235-2091

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)
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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