

October 2017

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

Annual Craft & Vendor Show

Saturday, October 21
8:30 a.m.—2 p.m.

New Freedom Community Building

50+ Crafters and Vendors
Lots of Holiday Gifts!

Tasteful Occasions Fantastic Food

Admission: Two Cans of Food for the Food Pantry
Please check your expiration dates



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.

Support Group Meeting

Date: Wednesday, October 11
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Michele Trout
Topic: Zentangle for relaxation

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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.

FROM THE EDITOR'S DESK

You've no doubt noticed that part of every newsletter is devoted to upcoming H.O.P.E. events. Everyone who attends these events has a wonderful time and is also helping our cancer families. Our bin-gos and bull roasts and golf tournaments and music festivals are our most fun events, but there are many other ways you can help us raise money for our families. On Saturday the 21st of this month we're holding our annual Craft and Vendor Show. Here is the perfect opportunity to bring family and friends to buy unique Christmas gifts. Our local vendors are giving their day to H.O.P.E.; why not come and buy some of their items. You'll be letting them know you appreciate their efforts, and of course, you'll be helping H.O.P.E. at the same time.

Did you know that we have tee-shirts, sweatshirts, tote bags, and wine totes? Yes, that's right, you can even buy a bag that carries two bottles of wine. Next to the picture of a corkscrew on the front are the words "Screw Cancer." On our tote bags is the saying, "When the world says give up, H.O.P.E. whispers try again." Our Tee-shirts come in several colors and have different sayings on the front, and our sweatshirts are bright and colorful. These are always here in the office and will also be available at the Craft and Vendor Show and Bingo in November.

And here is why we are always trying to raise money: Last month 16 new families came to us for help; the cancer patients range in age from six to over 60. Last month we sent nearly 90 kids back to school with filled backpacks and new outfits. We also provided a box of groceries to each family for nourishing breakfasts and packed lunches. We spent \$6,000 on gift cards to Kohl's, Target, and Wal mart for the kids to buy new shoes and a brand new back-to-school outfit. Our food pantry also saw a lot of traffic when the families came to pick up their back packs and groceries.

ON A POSITIVE NOTE

Those who visit the H.O.P.E. office or some other destination in the New Freedom Community Center can't help but see the big cream-colored clothing collection box next to the entrance of the building. This box is provided by Community Aid, whose slogan is "Neighbors Helping Neighbors." H.O.P.E. began partnering with this amazing organization almost a year ago, and the benefits are multi-fold.

First of all, Community Aid gives H.O.P.E. money per pound of items donated. Donations may be clothing, shoes, bedding, curtains, and drapes. About the only restrictions are no small appliances or furniture. Employees of the organization (many of whom are recovering from a variety of traumas and difficulties) sort through the donations and then wash, press, or have dry cleaned the usable items, which are then sold in one of the organization's three stores, located in Hanover, Lancaster, and Harrisburg. Community Aid also gives H.O.P.E. gift cards that our cancer families can use at these stores. Finally, because of this partnership, we can apply to the organization for grant money. It's a win, win, and win again venture.

As if that isn't enough, four more Community Aid bins are coming to a location near you. There will be one at the Old Mill Shopping Center in Fawn Grove, one in Hametown Park, one at the Stewartstown Presbyterian Church, and one more in our New Freedom area, at the "Coop" park. All will benefit us.

H.O.P.E. is proud to be a partner of this giving organization. No longer need you feel a twinge of guilt over getting rid of items you haven't used in years; now you can bring them to your nearest Community Aid bin and know you're helping cancer families as well as all the other people who are affiliated with this great organization. (See the information on page 5 of the newsletter.)

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

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

We are happy to report another successful bull roast. Great turnout, fantastic food, prizes galore. But the cherry to the whole event is the entertainment, and for that we have to thank a guy who has been providing his deejay expertise free of charge for several years. Chris Wagman has a huge heart. He also emcees our Voices for Hope gala in the spring as well as fundraising events around York County that are sponsored by other non-profits. When not making the rounds of these events Chris is very active with Sertoma. We are grateful that he is so giving of his time and talents to so many causes.



Many people are responsible for the success of our bull roasts. We thank all those who donated money and wonderful items for our baskets and silent auctions. We thank the volunteers who spent hours creating the baskets and doing many other tasks for the organizer (Barb). And of course we thank all who attended and who support H.O.P.E. so loyally. Lots of Angel Wings go out to lots of remarkable folks.



*"Bittersweet
October. The
mellow, messy,
leaf-kicking
perfect pause
between the
opposing
miseries of
summer and
winter."*

—Carl Bishop Hipps

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.

Make These Lifestyle Modifications To Greatly Reduce Your Risk for Cancer

Cancer is the world's leading cause of death, but according to the World Health Organization almost one in three cases can be prevented. Here are some suggestions, none of which is new, but bear repeating.

Quit smoking. Every puff of tobacco contains 250 harmful chemicals and nearly 70 percent of these cause cancer. And it's not just lung cancer. Cigarettes are linked to 12 other kinds of cancer, including stomach, bladder, kidney, mouth, and throat. Tobacco is still the number 1 cause of preventable death in the U.S.

Eat more cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower, kale) because they're high in nutrients and fiber and protect against DNA damage that can turn cells cancerous. You should try to eat at least two and a half cups of fruits and vegetables a day.

Eat colorful berries for the same reason. They contain antioxidants and other cancer-fighting nutrients. Raspberries contain ellagic acid which is being studied for anti-estrogen properties and thus is beneficial in fighting breast cancer.

If you are considered overweight or obese (and nearly 70 percent of Americans fall into one of those categories) **lose some weight**, especially if it is found around your middle. Breast, colon, uterine, pancreatic, esophageal, gallbladder, kidney, and thyroid cancers are linked to excess fat because these cells release substances that encourage cancer cells to grow.

Cut down on sugar. A 12-ounce soda has as many as 39 grams of sugar (9 1/3 teaspoons). The recommended amount of sugar for a woman to consume in a day is 25 grams, or 6 teaspoons; for a man it's 37 grams, or 9 teaspoons. In addition to putting you at risk for certain types of cancers, particularly prostate, rectal, and pancreatic, too much sugar leads to cardiovascular disease, liver disease, and diabetes. It also leads to mood swings, fatigue, headaches, and even addiction.

Moderate your alcohol intake. Alcohol is linked to cancers of the mouth, breast, stomach, liver, esophagus, and colon. It can hurt tissues in your body, damage your liver, and mix with other chemicals to harm your cells. The more you drink, the higher your risk. Women should stick to one drink a day; men two.

Cut back on hot dogs, bacon, and sausage that contain **nitrites** which have been linked to cancer.

Cut back on red meat like steak and burgers because researchers have found these to be linked to stomach and colorectal cancer. The recommendation is no more than 18 ounces a week. Better and healthier alternatives are fish and chicken breasts.

Exercise exercise exercise. It fights obesity and lowers levels of hormones like estrogen and insulin which have been linked to cancer. Try to get in 30 minutes of aerobic (heart-pumping) exercise as many days as you can, but any kind of movement is better than none. A bonus: it stimulates brain chemicals that help relieve stress and improve your mood.

Put on sunscreen if you know you're going to be outside for more than 15 minutes. Pick a broad-spectrum product with an SPF of 30. Reapply whenever you sweat or swim. Also, make sure you wear sunglasses and if possible a wide-brimmed hat.

Get vaccinated. For people between the ages of 9 and 26 an HPV vaccination will prevent cancers of the cervix, vulva, vagina, anus, penis, mouth, and throat. A hepatitis B vaccine (given in three or four doses to babies from birth up until 18 months) wards off the virus that causes liver cancer. Hepatitis B shots are also recommended for unvaccinated adults who are at risk for the infection, including people whose sex partners have hepatitis B, people who have more than one sex partner in six months, people who use IV drugs, people who have cirrhosis or chronic hepatitis C, people who work in healthcare or public safety, or people who live with someone who has chronic hepatitis B infection.

Know your family history and ask your doctor if a genetic test is a good idea for you.

Stay up to date with screenings. A variety of tests can check for different cancer types, like breast, colon, prostate, and skin. Ask your doctor which of these screenings you should get, and when.

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.

Metastatic Breast Cancer Is Every Survivor's Concern



“I read somewhere that Mitt and I have a ‘storybook marriage.’ Well, in the storybooks I read, there were never long, rainy winter afternoons in a house with five boys screaming at once. And those storybooks never seemed to have chapters called MS or breast cancer.”

– Ann Romney

Breast cancer is the most common cancer affecting women around the world. The Centers for Disease Control and Prevention estimate that about 231,800 women and 2,100 men in the United States were diagnosed with breast cancer in 2013.

Unfortunately cancer sometimes returns. Despite surgery to remove the original breast cancer, and follow-up treatments, isolated cells may survive radiation therapy and chemotherapy aimed at preventing recurrence. Even a single cell that escapes treatment may be able to spread and grow into a tumor.

Cancers can recur or metastasize. Recurrent breast cancer is cancer that has come back in the same or opposite breast or chest wall after a period of time when the cancer couldn't be detected. Metastatic breast cancer is breast cancer that has spread to other parts of your body. Common areas for metastatic breast cancer (MBC) are the lungs, liver, brain, and bones. The metastatic tumor in a different part of the body is made up of cells from the breast cancer, so if breast cancer spreads to the bone, the metastatic tumor in the bone is made up of breast cancer cells, not bone cells. Once breast cancer has become metastatic, it is considered advanced-stage cancer and is much harder to treat.

Researchers estimate that as of January 1, 2017, more than 150,000 women in the U.S. were living with MBC. The five-year survival rate is 98.8 percent for localized breast cancer and 36 percent for metastatic breast cancer (MBC), according to the National Cancer Institute. However this survival rate is improving, especially among younger women. Treatment options continue to help extend and maintain quality of life for as long as possible.

Some Promising Research on Metastasis

Researchers are working on how to prevent metastasis. One possibility is aspirin, the so-called miracle drug. Scientists have found several ways in which aspirin may stop the spread of cancer cells in the body after an initial tumor has already formed. (For more details, go to scientificamerican.com to the article “Aspirin May Prevent Cancer from Spreading, New Research Shows.”)

Another study, reported by MIT News (Massachusetts Institute of Technology) a year ago, involves a gene therapy technique being developed by researchers at MIT that uses small RNA molecules that regulate gene expression to help prevent the spread of cancer cells. This involves early diagnosis and treating the tumor with chemotherapy and these microRNAs. (For more details about this, see news.mit.edu, “Gene therapy technique may help prevent cancer metastasis.”)

And in another study, conducted at the University of Chicago Medical Center, researchers altered cancer cells in a dish so that they could no longer move; they appeared to be ‘stuck.’ The cells were altered with genes that inhibit autophagy, from the Greek “self-eating.” Autophagy is a ‘self-devouring process used by cells to degrade its dysfunctional or foreign components. The cell can then recycle useful chemical components for further purposes.’ While autophagy is useful for preventing the onset of cancer by suppressing pro-cancer processes such as chronic inflammation, DNA damage response, and genome instability, it can later be used by advanced cancerous cells. As tumors grow the cells in the middle become isolated from the blood supply and begin to undergo nutrient and energy stress. Activation of autophagy can provide support to these cancerous cells. (More details on this study can be found on news-medical.net, “Inhibiting autophagy can effectively block tumor cell migration, breast cancer metastasis.”)

Metastatic Survivors' Personal Stories

Support comes in many forms. In our 21st century of social media one of the easiest ways to find support is online. **Healthline**, an online health and wellness site, compiled the best blogs written by women living with metastatic cancer. These women range in age from 30s to 60s, live all over the country, and vary in background and lifestyle. But they share a disease and all its horrible effects, and they share their experiences eloquently and humorously.



Hear Ye!! Hear Ye!!

It's celebration time.

(The Stewartstown Presbyterian Church is 175!

Mark your calendars now for a concert featuring two local bell choirs—over 75 bells and chimes.

You do not want to miss this!

Sunday, October 29, 7 p.m.

Stewartstown Presbyterian Church

14 College Avenue

A free-will offering will be taken to benefit H.O.P.E.

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. Park-
ing Lot. Four More Containers Will
Be Located in Shrewsbury and Stew-
artstown Later This Year.



Diabetes Self-Management Program

Sponsored by the York County Area Agency on Aging
Every Tuesday from October 3 through November 7 (6
sessions)

St. John the Baptist Catholic Church

315 N. Constitution Avenue, New Freedom

Eligible participants are anyone 60+ who is living with
type 2 diabetes or anyone 60+ who is a caregiver of
someone living with type 2 diabetes.

Seats are limited.

Call 717-235-2156, X 214 to register for these free
workshops.

New Freedom Farmer's Market

Every Saturday from May through October
10–1

150 E. Main Street, behind Rose Fire Company

Now accepting EBT cards. Local Vendors

- Produce
- Jams and Jellies
- Flowers and Plants
- Breads and Baked Goods
- Handmade Crafts



And They're Off!

A Special Night at the Races for H.O.P.E.

Elks Lodge #213, 223 N. George Street

*Buy/sponsor a horse. Place bets for a winning horse
just like an actual race. Races will be 'live.' Winnings
will be in play money to be used for the raffle/auction
drawings.*

*Admission is \$20. Doors open at 4:30. Pulled pork
catered meal. First race is at 6.*



*Please consider bringing canned food
donations for the H.O.P.E. pantry.*

*For more information call
717-848-2785.*



Panera Helps H.O.P.E.

Shrewsbury Location, 98 Sofia Drive

Thursday, October 26

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.

Christmas Is Coming.....

Save the date for **H.O.P.E.'s gala Christmas party.**

Sunday, December 3, 2-4 p.m.

Westminster Place in Stewartstown.

See Santa in person and enjoy live entertainment.

Food, gifts, fun for all.



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



HELP SUPPORT

H.O.P.E

WHERE 98 Sofia Drive, Shrewsbury, PA 17361

WHEN Thu, Oct, 26th

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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