



March 2018

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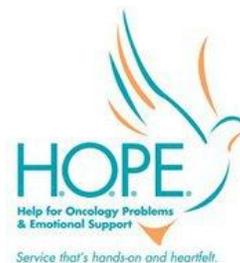
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H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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

H.O.P.E. Basket Bingo & Non-Perishable Food Drive

Sunday, April 8

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

13th Annual Voices for Hope Benefit Banquet

Thursday, May 3, 2018

5:30—9:30 p.m.

Out Door Country Club

Tickets \$60.00 per person
(Table of 8, \$420 by April 20)

Features a Reception, Silent Auction,
Dinner, and Presentation



For tickets,
call 717-993-3778

Or email mcauliff@comcast.net

Support Group Meeting

Date: Wednesday, March 14
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Jack Tillett
Topic: Funeral Pre-arrangements

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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.

FROM THE EDITOR'S DESK

The Kids Are More Than All Right!

Last February, H.O.P.E.'s Assistant Director, Carol Nelson had the privilege of attending assemblies at two local elementary schools to receive checks for \$100 for H.O.P.E. Children in fourth grade classes at each school had researched different local organizations and selected H.O.P.E. to receive their donation. The money came from the **New Freedom Lions' Club** "Give From the Heart" program. The Lions gave money to fourth grade classes in Southern York County School District and the students in the classes selected whom to receive it. H.O.P.E. was the only recipient chosen by two classes.

And guess what—it happened again this year! Once again Carol proudly accepted checks for \$100 from a fourth grade class in each school. Mrs. Swade's fourth graders in **Southern Elementary** chose us, as did Mrs. Procopio's class at **Shrewsbury Elementary**. The student who presented Carol with their donation at Shrewsbury was the son of a man who had been a patient of H.O.P.E.'s, which made it even more meaningful for the kids and Carol.

But that's not all. No doubt most people who know us recognize the name **Scott Brown**, for whom the recognition award at our Voices for Hope event is named. The Brown family has been our greatest supporter and Barb's dear friends. This young Scott Brown, named for his uncle, was responsible for another donation of \$337.28 for H.O.P.E. See more about him below in the Angel Corner.

And finally, Presidents' Weekend is also **THON** weekend. THON is the largest student-run philanthropy in the world, and since its beginning in 1977 has raised more than \$146 million for Four Diamonds at Penn State Hershey Children's Hospital. This year's total of \$10,151,663.93 was revealed at the close of the 46-hour, no-sitting, no-sleeping, dance marathon held Saturday and Sunday in the Bryce Jordan Center at University Park.



"Know how sublime a thing it is to suffer and be strong."

- Henry Wadsworth Longfellow



High School Seniors with a Cancer Connection:

You Still Have Time to Apply for the H.O.P.E. Scholarship.

Any high school senior who has been affected by cancer, either personally or with someone in the immediate family, is eligible to apply for a H.O.P.E. scholarship.

To apply, visit the H.O.P.E. website at <http://www.hopelifeline.org> and download an application. If you have trouble downloading the application please call the office at 717-227-2824 and we can email it to you. Or you may stop by the H.O.P.E. office at 150 E. Main Street, New Freedom.

All completed applications must be delivered or mailed to H.O.P.E. at P.O. Box 175, Shrewsbury, PA 17361 **no later than March 15**. No application will be considered after that date.

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

BY BARB TITANISH, PRESIDENT & CO-FOUNDER



Nothing pleases me more than when our young people volunteer and think about others less fortunate. This month I would like to recognize Scott Brown, Shane Ryan and all the children involved with the Penny War Challenge and the Gifts From The Heart program.

Scott & Shane wrote essays about their past history with H.O.P.E. Each young man wrote about all the services and programs at H.O.P.E. It made me smile & warmed my heart that they were able to share their personal stories with their classmates. I had the privilege of reading Scott's essay and was pleased at everything he wrote about H.O.P.E. and our organization.

As you can see why the 4th grade classes at Dallastown School District and the 4th grade classes at Southern and Shrewsbury Elementary sure earned their Angel Wings.

Great job 4th grade classes.

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!

March is Colorectal Cancer Month

According to the National Cancer Institute, “Colorectal cancer is cancer that starts in the colon or rectum. The colon and the rectum are parts of the large intestine, which is the lower part of the body’s digestive system. During digestion, food moves through the stomach and small intestine into the colon. The colon absorbs water and nutrients from the food and stores waste matter (stool). Stool moves from the colon into the rectum before it leaves the body.

“Most colorectal cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids). Colorectal cancer often begins as a growth called a polyp, which may form on the inner wall of the colon or rectum. Some polyps become cancer over time. Finding and removing polyps can prevent colorectal cancer.

“Colorectal cancer is the fourth most common type of cancer diagnosed in the United States. Deaths from colorectal cancer have decreased with the use of colonoscopies and fecal occult blood tests, which check for blood in the stool.”

Causes

In most cases, it isn’t clear what causes colon cancer. It can be genetic, but that occurs in only a small percentage of cases. Studies have shown that diet plays a larger role in colon cancer, particularly the “Western diet” which is high in fat and low in fiber. Other risk factors include older age, people age 50 and above; African-American race; a personal history of colorectal cancer or polyps; inflammatory intestinal conditions; a sedentary lifestyle; diabetes; obesity; smoking; heavy use of alcohol; and radiation therapy directed at the abdomen to treat a previous cancer.

Symptoms

If you are experiencing any of the following symptoms you should make an appointment to see your doctor. These are:

- A change in your bowel habits, including diarrhea or constipation
- A change in the consistency of your stool that lasts longer than four weeks
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort such as cramps, gas, or pain
- Weakness or fatigue
- Unexplained weight loss

Screening and Prevention

Because it can take years for a polyp to develop into colorectal cancer, screening can prevent this. This is why it is so important to have regular screenings beginning at the age of 50. Five types of tests are used: colonoscopy, fecal occult blood test, sigmoidoscopy, virtual colonoscopy, and DNA stool test. The colonoscopy is recommended because it not only can detect cancer it can also prevent cancer by finding polyps that then can be removed during the procedure. While not all polyps will turn into cancer, almost all colon cancers start as a preexisting polyp. Up to 85 percent of colorectal cancers could be prevented or successfully treated if everyone who is eligible for a colonoscopy got screened. Once you’re screened and found to have no polyps you won’t need another one for 10 years.

In addition to getting screened, there are other lifestyle recommendations for preventing not only colorectal cancer but all cancers. These include eating a variety of fruits, vegetables, and whole grains; drinking alcohol in moderation or not at all; not smoking; exercising daily at least 30 minutes; and maintaining a healthy weight. Choose many of the foods you eat from plant sources.

Dietary fat from red and processed meats may be a contributor to the colorectal cancer-causing process. High fat consumption increases the amount of substances that are released into the digestive tract called bile acids. Bile acids help break down fats. When they get into the colon, the large amount of bile acids may be converted to secondary bile acids, which could promote tumor growth, especially of the cells that line the colon.

You Are Getting Sleepy... zzzz

More and more research is demonstrating how important sleep, this thing that takes up as much as a third of our life, is to our physical, mental, and emotional wellbeing. Needless to say sleep is even more vital to people whose bodies are fighting disease.

Cancer can cause fatigue in many patients undergoing treatment. Yet ironically this fatigue also may lead to sleep difficulties. Insomnia, an inability to fall asleep or stay asleep, is present in 30 to 50 percent of cancer patients. Causes for this can be physical changes as a result of the cancer or surgery, reactions to drugs and other treatments, or even just the stress of having cancer. Whatever the reason(s), sleep is even more crucial for cancer patients. So here are some tips provided by Heather Miller on WebMD for sleeping better during cancer treatment:

- If you're having trouble sleeping, tell your medical team. It's pretty common to prescribe sleep and anti-anxiety meds to people going through chemotherapy, so don't be afraid to ask. Though remember, these have a downside and for some can be addictive.
- If you can, try to stay awake during the day.
- Keep a regular sleep schedule if you can. If you go to bed around the same time every night you can train your body to that schedule.
- Don't eat or exercise for two hours before bedtime.
- Keep a sleep diary. This will help you see patterns; for example, something like pain or nausea may be keeping you awake. You can alert your doctor to this and make possible treatment tweaks.



*“A good laugh
and a long sleep
are the best cures
in the doctor’s
book.”*

- Irish Proverb

Fantastic Free Advice at Your Fingertips

The Internet will never do away completely with the need for human interaction, but a wealth of useful information is available these days that can help cancer patients and their families navigate their illness.

One of the most comprehensive sites is **ASCO**, American Society of Clinical Oncology, part of cancer.net. The second option in the menu bar at the top of the site is “**Navigating Cancer Care.**” Here you will find every type of financial resource imaginable. It gives links to national service organizations, help with locating local service organizations, housing assistance sites, travel assistance sites, medical and treatment cost assistance sites, and general information sites. Other menu topics are “**Types of Cancer,**” “**Coping With Cancer,**” “**Research and Technology,**” “**Survivorship,**” and a “**Blog**” that contains informative podcasts and articles from doctors and scientists as well as personal narratives from cancer patients. Find, peruse, and bookmark this invaluable site.

And here's a very recent site for the cancer patients and families who aren't afraid to get their feet wet in technology. It is “**Belong: Beating Cancer Together.**” It is “the world's largest social network for cancer patients and caregivers. The Belong app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. The service includes: Access to leading oncologists, radiologists, researchers, and nurses who answer your questions; assistance, tips, and support from a vast social network of others with cancer; [a means to] organize and manage your documents securely on your mobile device, and share easily with family and medical professionals; personalized information and notifications and access to a robust clinical trial matching service specific to your type of cancer.”

Yes, you read that correctly, it's an app that you can download to your mobile device for free. It works on both android and Apple devices. Simply go to the Belong site and you will see a large blue 'button' that says “Click to download,” and then follow the steps.

And They're Off!
Preakness Night at the Races Charity Event
 to Benefit H.O.P.E.

Saturday, May 19
 4–11 p.m.



Elks Lodge #213 223 N. George Street
 York, PA 717-848-2785
 Bet on horses as if it's an actual race.
 Food, Drinks, Silent Auction, Door Prizes
 Admission \$20

March Mania Indoor Yard Sale!



March 3, 2018
 8 a.m.—2 p.m.

New Freedom Lioness Club
 New Freedom Community Center
 150 East Main Street
FOOD—BEVERAGES—BAKED GOODS
SOMETHING FOR EVERYONE!

H.O.P.E. will have two tables.

The blood bank bus will be on site so please donate!

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. Other containers are
 located in the following locations:

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

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.

Free Mammograms for PA Women

Pennsylvania's Healthy Woman Program has teamed up with Breast Cancer and Cervical Cancer Prevention and Treatment (BCCPT) to offer free mammograms to women who are uninsured or underinsured. For example, a woman with a family of four who has a gross annual household income of \$61,500 or less qualifies for a free mammogram.

And PA is also the first state in the nation to offer free 3D screening mammograms. Women who are insured by Medicare and Pennsylvania Medicaid are also covered for this.

Escape to the Beach From Cancer!

Justin's Beach House is a respite home in beautiful Bethany Beach for families with cancer. Justin Jennings lost his life to cancer at age 19, and his family built this beach house in his memory.



Families (and extended families—it sleeps up to 10) can stay there at no cost for 3, 4, or 7 days.

For more information and an application, go online to www.justinjenningsorg.

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."

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