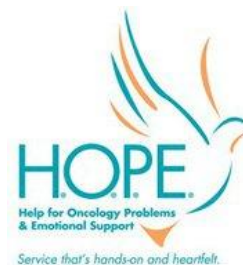


H.O.P.E. LIFELINE



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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. Lifeline
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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.

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



Sunday, April 7

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

14th Annual Voices for Hope Benefit Banquet

Thursday, May 2, 2019
 5:30—9:30 p.m.

Out Door Country Club

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

atures a Reception, Silent Auction,
 Dinner, and Presentation



For tickets,
 call 717-993-3778

Or email mcauliff@comcast.net

Support Group Meeting

Date: Wednesday, March 13
 Time: 7:00 p.m.
 Location: H.O.P.E. Serenity Room
 Speaker: To be Announced
 Topic: To be Announced

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FROM THE EDITOR'S DESK

What, March already?! Winter doesn't seem to want to loosen its grip. I read somewhere that the polar vortex from January may have killed 95% of the stink bugs that haven't been hiding in our homes. If that's true, thanks Mother Nature!

March is kind of a down month for H.O.P.E. events, a time for Barb and the volunteers to begin gearing up for the **Voices For Hope Banquet** in May. This year is a particularly special one as we are celebrating our 25th year of H.O.P.E. In honor of that we are featuring not one but three exceptional men who have been part of our organization from almost day 1. Father Capitani, Thomas Note, and Ed Titanish, "who have been there from the very beginning offering love, support, and guidance, will receive a special "Heart of Hope Award" for their dedication to our mission. The last name may ring a bell; all would agree that he is without a doubt the most unsung of all. Our speaker is Zachary William, a local artist and musician who is a brain cancer survivor. Zachary wrote a song "Meant to Live" for his aunt, who passed away from cancer, and later released it as a video and dedicated it to anyone who has had to endure the test of cancer. Tickets are available and may be purchased through Heather McAuliffe at [mccaulliffeh@comcast.net](mailto:mccaullifteh@comcast.net) or call 717-993-3778.

Many of you may remember our program **Kids Under Construction**, for children ages 6-12 who have an immediate family member diagnosed with cancer. Good news—it's starting up again under the leadership of Heatherlyn McGoff. Heatherlyn has worked with children in other areas, has her Associate's degree in Social Science, and in May will graduate from Millersville with a Bachelor's degree in Social Work. She is excited to bring her experience and expertise to and working with these kids who are under so much stress. Details are still a bit tentative, but she is planning to meet with the kids twice a month, most likely on Wednesdays, from 6:30-8 pm, in the Serenity Room. She has planned activities here as well as outings like roller skating. It's a little chunk of time that allows the kids to bond with others in their situation and have fun as well. If you have a child or know of one who could benefit from this program, call the office at 717-227-2824.

Don't forget our **Spring Bingo** event. If you haven't already, mark your calendar for Sunday, April 7. Same time, same place, same amazing amount of fun and prizes. Tickets are available through the office, so call and order yours now.

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

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

Once again the owners and staff of the New Freedom Restaurant and Coffee Shop went above and beyond to provide food and financial support to the H.O.P.E. family. Owners, Dimos and Vicky Papageorgiou, provided a delicious pasta dinner and donated all the proceeds from the February 25 evening.



The restaurant was busy 3 to 9, but the wonderful staff kept everything moving smoothly. Diners enjoyed salad, pasta with a variety of sauces, bread, and soda, as they chatted with family and friends over dinner. Not only did the staff hustled and got everyone's dinner to them quickly, but they then turned over all their tips to H.O.P.E.

The New Freedom Restaurant also, had several baskets to raffle off, one full of candy, one full of make-up and one full of Home Decor. H.O.P.E. brought 2 more baskets to add, as well, one prize was Raven items and the other a candle and perfume. Over \$600 was made from the raffles. Let's not forget the beautiful Quilt that was raffled off and the winner was Ruth Long. Congratulations! Over \$160 was made from the sale of tickets for the quilt.

The Papageorgious gave Barb the total of \$4,221.54 from the dinner. The GRAND TOTAL from all the raffles and dinner is \$4992.54. So the next time you're in the mood for pasta (or any of other breakfast, lunch, dinner items on the menu), stop by the New Freedom Res-



"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

- Calvin & Hobbes

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!

Turn Off the TV and Bypass the Deli

Colorectal cancer is the third most common cancer diagnosed in both men and women each year in the United States, excluding skin cancer. This year an estimated 140,250 adults in the U.S. will be diagnosed with colorectal cancer and 50,630 deaths will be attributed to it. It is the second leading cause of cancer death for men and women combined. Colorectal cancer occurs when some of the cells that line the colon or the rectum become abnormal and grow out of control. The abnormal growing cells create a tumor, which is the cancer. When found early, colorectal cancer can often be cured. The death rate has been declining since the mid 1980s due to improvements in treatment and increased screening.

However, that is not the case for young and middle-age adults who are experiencing increasing incidences of colorectal cancer. The exact reasons for this are unknown, but one large study (conducted by Nurses' Health Study which investigates the risk factors for major chronic diseases in women) begun in 1991 examined the sedentary behaviors of over 89,000 women ages 25 to 42 and concluded that watching TV for more than one hour a day was associated with a 12% increased risk of young-onset (under 50 years of age) colorectal cancer, particularly of the rectum. Watching TV for more than two hours a day increased the risk to nearly 70%. Researchers also evaluated the amount of time the women spent sitting at home reading, eating meals, and at a desk, as well as collective hours spent sitting at work and while driving and found no clear increase in risk for any of those. One result of the study was recommending that the screening age for people at average risk of colorectal cancer be lowered from age 50 to 45.

In its early stage colorectal cancer usually doesn't have symptoms, although things to watch for include changes in bowel movements, including constipation or diarrhea that doesn't seem to go away; dark patches of blood in or on the stool; discomfort or bloating in the belly; or even unexplained fatigue, loss of appetite, and weight loss. It is important always to consult a doctor if you're experiencing worrisome changes in your health.

There are some specific factors that could raise a person's risk for colorectal cancer.

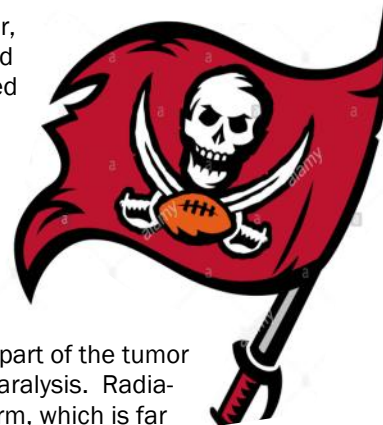
- **Age.** The risk increases as people get older, with the majority occurring in people older than 50. For colon cancer, the average age at the time of diagnosis for men is 68 and for women is 72. For rectal cancer, it is age 63 for both. However, the incidence rate declined by about 5% per year in adults 65 and older and decreased by 1.4% per year in adults 50 to 64 years old. Meanwhile, it increased by 2% in adults younger than 50. Now about 11% of all colorectal diagnoses are in people under age 50.
- **Gender.** Men have a slightly higher risk of developing colorectal cancer than women.
- **Family history.** If a person has a family history of colorectal cancer his or her risk of developing the disease is nearly double.
- **Inflammatory bowel disease (IBD).** People with IBD, such as ulcerative colitis or Crohn's disease, may develop inflammation of the large intestine which increases the risk of colorectal cancer. IBD is not the same as irritable bowel syndrome (IBS), which does not increase the risk.
- **Physical inactivity and obesity.**
- **Nutrition.** Everyone knows by now that eating processed meats increases the risk of cancer, but here are some new findings from the American Institute for Cancer Research. It found a 4% increase in the risk of cancer for someone who eats 15 grams of processed meat a day, which is the equivalent of a single slice of ham on a sandwich. Eating a more typical serving of 50 grams of processed meat a day would increase the risk of colorectal cancer by 18%. Unprocessed meat, by comparison, increases cancer risk only at amounts greater than 100 grams a day. Processed meat refers to any meat, including pork, poultry, lamb, goat, or others, that has been salted, smoked, cured, fermented, or otherwise processed for preservation or to enhance the flavor. The category includes hot dogs, ham, bacon and turkey bacon, corned beef, pepperoni, salami, smoked turkey, bologna and other luncheon and deli meats, sausages, beef jerky, canned meat, and meat-based preparations and sauces. Processed meats are often cured by adding sodium nitrite, which gives them a pink color and a distinct taste; however, scientists suspect they are involved in the formation of cancer-causing compounds in the body.
- **Smoking.** Recent studies have shown that smokers are more likely to die from colorectal cancer than nonsmokers.

Sources used for this article include The New York Times, Cancer.net, ASCO (American Society of Clinical Oncology), and WebMD.

Santa is a Tampa Bay Buccaneer?

It's devastating for a child when one of his parents has cancer, but what about when both parents do? This is what happened to Hunter Krout when first his father, then his mother, received a cancer diagnosis.

In June of 2017 Hunter's father, Mike, was diagnosed with stage 4 glioblastoma. The previous November Mike had begun to experience numbness in his left leg and difficulty walking, and after myriad tests were performed on his leg doctors did an MRI of his brain and discovered a tumor on his right parietal lobe, which controls the left side of the body. Surgery was performed but doctors could only remove part of the tumor due to its location; full removal would have resulted in total paralysis. Radiation and chemotherapy followed, but the chemo was in pill form, which is far more brutal to the body than an IV drip, and when it began to take a toll on Mike's liver it was discontinued. Currently Mike is holding his own and has exceeded the initial time frame his doctors gave him.



“Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.”

- Joey Adams

The following January Hunter's mother, Tina, went for her yearly mammogram. To her surprise and unease she was called back for a 3-D scan, and then a biopsy. Results revealed a tumor in her left breast. And then she recalled that her aunt had died the previous year of cancer and had tested positive for the BRCA 2 gene. After Tina was tested it was discovered that she, too, is a carrier of the gene, so surgeons performed a double mastectomy. It was only then that they discovered a larger tumor in her right breast, one that had gone totally undetected. The surgery saved her life and she is now in remission.

Their son Hunter was about to start his junior year when his father learned of his cancer. Hunter is your typical (good) teenage boy – he works hard in school, works hard at his part-time job at the New Freedom Family Restaurant, plays computer games with his friends, and loves football. Especially the Tampa Bay Buccaneers. Hunter has been a fan of this team for as long as his mother can remember. Hunter was thrust into the role of caregiver last year when Tina's surgery resulted in MRSA and several more stays in the hospital, followed by a hysterectomy. Hunter had to divide his time between school, work, taking care of his dad when necessary, and keeping up with his mom in the hospital. The 'turning point' to Tina came on August 31, 2018. Hunter was bringing both parents home from the hospital in torrential rains (remember those, the ones that caused so much flooding?). He brought his dad into the house first and then went back to the car and helped his mom into the house. Tina decided then that they had to do something for their amazing son.

It was Facebook to the rescue. Tina put a plea out asking if anyone could help her find some Tampa Bay Buccaneers memorabilia. Instead, a friend steered her to H.O.P.E. The friend told Tina that in addition to helping the cancer patients and their families, H.O.P.E. assists the caregivers as well. And Hunter was certainly a caregiver. With reluctance Tina called the office. Reluctance because she didn't feel that her family was in as much need as other families. When Tina explained her situation to Carol Nelson, H.O.P.E.'s 'right-hand woman,' Carol sprang into action. A phone call found an autographed picture of a retired Bucs player that Carol's friend, Bruce Benkert, donated to them from his own collection. Hunter was thrilled. And Bruce wasn't finished. Bruce has a son who plays backup quarterback for the Atlanta Falcons. Bruce's son, Kurt, has a lifelong friend named Cole Boozer. Cole plays line-backer for none other than the Tampa Bay Bucs. On Christmas morning when Hunter opened his gifts there was a Tampa Bay Bucs football signed by the players. Hunter later confided to his mom that he didn't want her to take this wrong, but that that was the best Christmas present he'd ever gotten. Needless to say Tina was only thrilled.

*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.

Application deadline is Friday, March 15.

For those who can't submit by March 15th, we have an alternative for you....

**EXPECT MIRACLES FOUNDATION
SCHOLARSHIP**

Expect Miracles Foundation established its college scholarship program to help students who would find attending college to be a significant financial burden due to their history/current diagnosis with cancer. Given in memory of Paula J. Pearlstein, whose courage and energy were instrumental to the advancement of their mission in the early years, the scholarship may range from \$10,000—\$36,000 and is intended to help an individual who has been impacted by cancer—either in treatment or remission—to attend a 4-year college or university in pursuit of a degree. Expect Miracles Foundation will send the scholarship checks directly to the Bursar's office of the recipient's college or university to be credited towards the recipient's tuition.

DUE FRIDAY, MARCH 29, 2019

Please check website for eligibility, application form and instructions.

www.expectmiraclesfoundation.org/expect-miracles-scholarship

**See What's Coming Up
This Year!**



In addition to all the favorites, from bingo to golf, we have a new event coming in November. Here is a nearly complete list of activities to look forward to. As the event approaches we will of course give the location and times.

- Indoor Yard Sale Saturday, March 2
- Adult Prom Saturday, March 23
- Spring Basket Bingo Sunday, April 7
- Voices For HOPE Thursday, May 2
- Shrimp & Bull Roast Saturday, September 21
- Murder Mystery Saturday, November 16
- Christmas Party Sunday, December 1

Event dates to be announced:

- Raising HOPE Arts Festival (summer)
- Take a Swing at Cancer Golf Tournament (summer)
- Craft and Vendor Show (fall)
- Fall Bingo (fall)

**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



Visit Us on the Web

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)
For more information
Call 717-227-2824



Happy St. Patrick's Day

"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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