

February 2023

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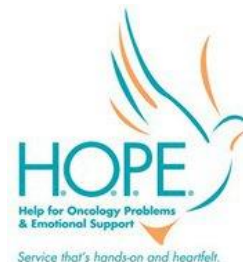
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H.O.P.E. LIFELINE



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. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. 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: 717-244-2174 or 717-244-2161.

(E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org)

It's Pasta Time!

What better way to fight the cold than dinner with friends in a cozy restaurant?

Join us at the New Freedom Restaurant and Coffee Shop and support H.O.P.E.

Monday, February 27, 2023,
3 to 9 p.m.

Enjoy lasagna, your favorite pasta, sauce, garlic bread, salad, and soda, or BYOB.



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

Support Group Mtg.

Date: Wednesday, Feb. 8

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

H.O.P.E.'S NEW ADDRESS

Physical Address:

13275 Blymire Hollow Rd.,
Stewartstown, PA 17363

Mailing Address:

P.O. Box 279,
Stewartstown, PA 17363

Phone: 717-244-2174

Basket Bingo &

Non-Perishable Food Drive

BINGO Sunday, April 16

Doors Open at 12:30
Bingo Starts at 2:00

New Freedom Community Bldg
New Freedom, PA

Tickets \$20 in advance
\$22 at the door

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

Contact the H.O.P.E. office
at 717-244-2174

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FROM THE EDITOR'S DESK

Happy New Year! We hope your holiday season was healthy and filled with love. It's hard to believe nearly a month of 2023 has already elapsed (so far, so good?). Things are seasonally quiet at the HOPE office, but this doesn't mean there isn't news from the larger cancer world.

First, some good news. Did you hear the recent report by the American Cancer Society that in women ages 20 to 24 who were first to receive the HPV vaccine there was a 65% reduction in cervical cancer incidence rates from 2012 through 2019? Let's hope that's a trend in the direction of more parents understanding the necessity of their daughters and sons receiving this potentially life-saving vaccine.

Unfortunately there is, of course, bad news. Prostate cancer cases have increased each year from 2014 through 2019, for a total of about 99,000 new cases. This is the first increase in about 20 years. And some bad news for women: lung cancer decreased about half as fast in women as in men. Liver cancer and melanoma rates both increased in women while they declined in men younger than 50 and stabilized in older men. Women also saw increases in the incidence of breast cancer and endometrial cancer.

Closer to home, we are pleased to report on a **successful raffle** with quite a few lucky winners of \$75- and \$100-dollar gift cards. As with any raffle a winning number wasn't drawn each day, but in the case of 'un-won' gift cards we will give these to our cancer families, so everyone will be a winner. Our next fun fundraising event comes at the end of this month, our traditional annual **pasta dinner at the New Freedom Restaurant**. The fun begins at 3 and goes until 9, but the earlier you arrive the longer you can relax and enjoy lasagna or other pasta, sauce, salad, garlic bread, and a soda or BYOB. All for just \$12.99. The food is topnotch and the atmosphere warm and welcoming.

In a little more than a month we'll be throwing an **Easter egg hunt at the Haven** (see March Newsletter for all the details) on Saturday, April 1, and the very next day you can put your car on autopilot to take you to the New Freedom Community Center for our **Spring Bingo**. See ad on front page for a Bingo reminder. Less than a month after that is our Voices for Hope Banquet, scheduled for Thursday, May 4. One more important date to add to your calendar: **high school scholarship award**. Seniors who are pursuing education, either in a four-year college or another type of academic or training program, may apply for a financial scholarship. See the information on page 5. Granted, we still have a little more winter to get through, but summer really isn't that far away, especially as time seems to be flying faster these days. If you've visited the Haven you couldn't help but notice the beautiful inground pool and patio, and where better to be on those hot July and August days? And probably June and September. Make sure you apply for a few days' respite at the Haven. We're making the application process easier so call the office and Carol or Barb will walk you through it.

Speaking of our fearless, peerless leader, you may have heard that **Barb** had a 'health incident' (as she terms it) right before Christmas. It affected her right eye and she is continuing to receive treatment. As she has told people, "it's not life threatening, but it is life-changing and challenging." She is back in the office sporting a rakish eye patch (not really, you can barely see it) and is grateful to be there. And she was finally on the receiving end of an endless stream of food and other assistance from volunteers and friends. Karma at its best. She knows she's on the mend because as she said she's no longer walking into door frames.

February 4 is **World Cancer Day**, and February 14 is **National Donor Day**. This month's issue is devoted to those events, and suggests ways everyone can be a 'cancer donor.' For those of you who are not already donating time or resources, maybe you can find a way to help.

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

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



This month I would like to thank **all our wonderful donors**; because of you we were able to fulfill so many children's and adults' Christmas wishes. You may have bought gifts, sent in a monetary donation, volunteered your time, or made goodie baskets. You are what Christmas is all about. You care with all your heart, reach out and give with kindness, and touch the lives around you with happiness and love. As long as there are people like you, the world is a hopeful place, and each day is filled with special moments. From the Families, and everyone here at HOPE, we thank you and we wish you a wonderful 2023.

EVERY DAY IS WORLD CANCER DAY

According to the cancer awareness calendar, February is designated as National Cancer Prevention Month, and within that are two very important dates: World Cancer Day, established by the Union for International Cancer Control, always to fall on February 4 (a Saturday, this year), and National Donor Day on Valentine's Day, February 14.

Cancer is the second-leading cause of death worldwide. Ten million people die from cancer every year. More than 40% of cancer-related deaths could be preventable as they are linked to modifiable risk factors such as smoking, alcohol use, poor diet, and physical inactivity. Almost a third of all deaths related to cancer could be prevented through routine screening and early detection treatment. And 70% of cancer deaths occur in low-to-middle income countries.

The Union for International Cancer Control was created in 1933 in Paris. Now based in Geneva, Switzerland, its 1,180 member organizations include cancer societies, governmental agencies, treatment and research centers, patient support groups, and professional associations. In 2000 it established World Cancer Day, to be held every February 4, to raise awareness of cancer and to encourage its prevention, detection, and treatment. More than 900 activities take place in over 100 countries, and in recent years cities have begun to support the day by lighting up important landmarks in orange and blue, the symbolic colors of the day. In the U.S., the Empire State Building has been 'lighting up' since 2018.

Each year the organization chooses a different theme; the theme for the years 2022-2024 is "Close the care gap" and it focuses on eliminating the difference in access to cancer services faced by populations around the globe in regard to income, age, gender, ethnicity, etc. This year, the second in the theme, the organization will be looking more specifically at how unhealthy products such as tobacco, alcohol, and ultra processed foods drive a significant proportion of preventable cancer deaths. It aims to highlight how certain companies selling these products often exploit already marginalized or vulnerable groups (youth, people from low socioeconomic backgrounds, ethnic minorities), amplifying the stark equity challenges faced in most countries.

ASCO, the American Society of Clinical Oncology, posted on its website Cancer.net, general **risk factors**. These are not new but are always worth revisiting.

- Older age
- A personal or family history of cancer
- Using tobacco
- Obesity
- Alcohol
- Some types of viral infections, such as human papillomavirus (HPV)
- Specific chemicals
- Exposure to radiation, including ultraviolet radiation from the sun

You can avoid some risk factors by stopping risky behaviors. These include using tobacco and alcohol, being overweight, and getting multiple sunburns. Other risk factors cannot be avoided, such as getting older.



"Man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love."

~ Martin Luther King

LIVESTRONG
AT THE YMCA

LiveStrong is back at the Shrewsbury Y. The next program begins February 14 and runs through May 4. Daytime and evening programs are offered.

Tuesday/Thursday 1–2:30 pm or 6–7:30 pm

For more information contact Darla Wilhelm at Dwilhelm@rosesymca.org or call 717-235-0446.

A DOZEN WAYS TO DONATE

Did you know that there are at least a dozen different ways you can be a donor for a cancer patient? These can be financial or material or personal. We'll list and explain these below. Just as with any other recipient of your donation, do your homework first and make sure what you're giving is being used the way you intend. Beware of third party or for-profit groups.



"I count myself lucky, having long ago won a lottery paid to me in seven sunrises a week for life."

~ Robert Brault

- **Donate blood or platelets.** For whole blood donation, approximately one pint of blood is collected through a vein in your arm. The actual donation only takes about 10 minutes. You can donate blood every 56 days. Platelets are a portion of the blood that forms clots that help stop bleeding. During this two-hour process, a machine connected to both of your arms draws blood, separates out the platelets, and sends the remaining blood back into your body. You can donate platelets once a week, up to 24 times a year.
- **Donate bone marrow.** (See more about this on next page.)
- **Donate umbilical cord blood.** The crucial blood-forming cells for bone marrow transplants can also be found in umbilical cord blood. If you're pregnant, you can choose to donate that blood before the cord is thrown away. The simple and painless process is safe for you and your baby. If you want to learn more about donating, talk with your obstetrician before your 34th week of pregnancy.
- **Donate biospecimens.** Donating biospecimens can help advance cancer research. Biospecimens are samples of materials from the human body, such as blood, urine, saliva, cells, or tissues from biopsies or surgeries. Researchers need samples from people who don't have cancer as well as from those who do. If you're having a biospecimen collected during a medical procedure or test, ask your doctor how you can donate.
- **Donate your voice.** Being a cancer advocate means speaking out on behalf of a specific cancer-related cause.
- **Donate your time to a cancer organization.**
- **Donate your time to an individual.**
- **Donate your hair.** (See more about this on next page.)
- **Donate your vehicle.** There are cancer organizations that accept donations of running and nonrunning cars, trucks, trailers, motorcycles, RVs, and boats. A vehicle may be used to help people with cancer get to treatment appointments or be sold to raise funds, and the donation may be tax deductible.
- **Donate your goods.** Clothes you've outgrown, books you've read, furniture you don't need anymore can raise funds for cancer organizations that run thrift shops.
- **Donate your air miles.** These are often used to help people with cancer and family members travel to non-local treatment centers. Several major airlines have donation programs.
- **Donate assets.** Instead of cash, you can donate assets such as stocks, bonds, mutual funds, and property directly to many cancer organizations, like Conquer Cancer, the ASCO Foundation. You can also make financial gifts to an organization through your will or trust. HOPE has been the grateful recipient of donations from generous former patients and their families.

HOW TO DONATE YOUR HAIR TO HELP PEOPLE WITH CANCER

If there's one thing that almost all humans have in common, it's the importance they put on their hair. No one knows better than cancer patients the sinking feeling when that hair is gone. At HOPE we provide patients with wigs for free. These are wigs we purchase or receive as donations. The hair for these wigs comes from donors who want to help someone. If you're one of these potential donors, here is what you need to know about how to give the precious gift of your hair.

Choose where to send your hair. Every hair donation organization has its own mission and goals. Do a little research to make sure you're comfortable with who receives the wigs and how. *Wigs for Kids*, *Chai Lifeline*, and *Children With Hair Loss* focus on children who have lost their hair from cancer or another medical reason. The organization, *Hair We Share*, provide wigs for adults.

Make sure your hair is 'eligible.' Once you have decided on the organization consult its website or contact it in some other way to learn (a) how long your hair needs to be, and (b) if there are any types of hair that they won't accept (colored or bleached, permed, dreadlocked, gray).

Visit a stylist armed with the organization's guidelines so they know exactly what to do.

Use the organization's instructions for how to **send your hair** to them.

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.

On behalf of P.I.N.K., Bernard Family and H.O.P.E., we will be awarding 4, \$1000.00 scholarships to students who have an immediate family member with Cancer.

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 717-244-2174 and we can email it to you.

All completed applications must be mailed to H.O.P.E. at P.O. Box 279 Stewartstown, PA 17363, postmarked **no later than March 15**. No application will be considered after that date.

DONATING BONE MARROW IS EASY AND IMPORTANT: HERE'S WHY

Bone marrow is a soft, spongy material found in your large bones. It makes more than 200 billion new blood cells every day, including red blood cells, white blood cells, and platelets. But for people with bone marrow disease, including several types of cancer, the process doesn't work properly. Often, a bone marrow transplant is a person's best chance of survival and a possible cure. The good news is that donating bone marrow can be as easy and painless as giving blood.

A bone marrow transplant replaces diseased bone marrow with healthy tissue, usually stem cells found in the blood. That's why bone marrow transplants are also called stem cell transplants. In an allogenic transplantation (ALLO transplant), blood stem cells from the bone marrow are transplanted from a donor into the patient. The donor stem cells can come from either the blood that circulates throughout another person's body or from umbilical cord blood.

The first thing you need to do if you want to donate is determine your human leukocyte antigen type (HLA). This is crucial in matching your bone marrow with a potential recipient. Register with the National Marrow Donor Program (NMDP) online or in person (1-800-MARROW2; 1-800-617-7692). You will receive a mail-in kit, which will instruct you in the collection of cells from your cheek with a cotton swab or giving a small blood sample. Once you have sent this back, you'll be contacted by the NMDP if your HLA matches a patient in need. After doctors have confirmed the match, you'll meet with a counselor from the NMDP to talk about the procedures, benefits, and risks of the donation process.

If you agree to donate bone marrow, the following will occur:

- For 5 days leading up to the donation, you'll get a daily five-minute injection of granulocyte colony-stimulating factor (CSF), a white blood cell growth hormone.
- On day 5, a trained health care provider will place a needle in each of your arms. One needle will remove blood, and a machine circulates the blood and collects the stem cells. Your blood is then returned to your body through the second needle. The process takes about three hours and may be repeated on a second donation day. Side effects include headaches, bone soreness, and discomfort from the needles during the process.

And that's it. The end result: you could help cure someone's disease.

Visit Us on the Web
Www.hopelifeline.org
<http://www.hopelifeline.org>
“Like” Us on Facebook:



“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.”



RETURN SERVICE REQUESTED

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 244-2174

Nonprofit Org
U.S. Postage Paid
Permit No. 61
Shrewsbury, PA 17361