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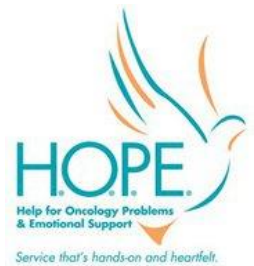
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# H.O.P.E. LIFELINE



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](mailto:barb@hopeforcancerfamilies.org) [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org))

## BASKET BINGO

**SUNDAY,  
NOVEMBER 5, 2023**

**New Freedom  
Community Center  
New Freedom, PA**

**Doors Open 12:30 p.m.  
Bingo Starts at 2 p.m.  
25+ Games**

**Donate non-perishable food  
items for chances to win  
prizes!**

**Tickets \$20 before Nov. 3  
and \$22 at the door  
Refreshments for Sale by  
Tasteful Occasions**

## Ho Ho Ho HOPE!

**It's a Christmas Party!**

**Sunday, December 3  
2—4 p.m.**

**Stewartstown Presby-  
terian Church**

**14 College Avenue**

**Food, Fun,  
Entertain-  
ment**

**And Santa  
Claus!**



H.O.P.E.'s Office Hours are Mon-  
day 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  
**717-244-2174.**

## Support Group Mtg.

Date: Wednesday, Nov. 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**

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## FROM THE EDITOR'S DESK

Another year is heading down the home stretch. It seems as if the turn of the century was only a few years ago, not nearly 25. At least we still have a semblance of the seasons to keep us grounded in the passage of time.

Fortunately we always end the year with everyone's favorite holidays, Thanksgiving and Christmas. Both times of family and gratitude. In our December newsletter Barb will focus on her H.O.P.E. volunteer family and her gratitude for them. This month we will combine a focus on the cancer of the month, lung cancer, with a lovely personal reflection on page 4 shared online in Cure (curetoday.com), a great site that provides up-to-date information about all different cancer types and personal essays by people affected by cancer. We also have an article that applies specifically to cancer patients who are undergoing treatment during the holiday season. It has some medical points as well as suggestions for making your life a bit easier all around as you try to maintain holiday traditions.

The heat wave in September was ended abruptly by a long, cold, torrential rain. Wouldn't you know it fell on Saturday the 23rd, the day of the **Twin Rose Lady Riders'** poker run. Always a popular, well-attended event, this year was a little different, as Barb and Carol and several of the Twin Rose ladies huddled in a leaky outdoor tent in 50-degree weather for over five hours. Barb continues to marvel at the generosity of her lady biker friends and the loyalty and dedication of the ones who endured the miserable conditions with her and Carol.

On a happier note was the **Shrimp and Bull Roast** a week later. Not only did the **W. Dale Brougner Foundation** sponsor it, but they brought 54 members of the York Response Team as their guests. Thank you Brougner Foundation for your generosity and contributions to the success of the night. Thanks also go out to **D.J. Andy Rohrbaugh** who donated his experience and expertise and **Mark LaFlame** who donated designer lamps from his store Interior Home for a silent auction. Mark and a few cronies from the store also ran the money wheel for us.

If you were in the **Kennard-Dale** gym Tuesday evening, October 10, you were in a sea of blue. Tee shirts, that is. (See photo on left.) The **Girls' Volleyball team** sold H.O.P.E. tee shirts as a fundraiser for us and dedicated concession stand profits as well. The stands were filled with blue tee shirts and the team sported them as well. The girls decided on blue as a color to honor all cancer patients.

As we mentioned earlier, Christmas is just around the bend, so make sure you put our **Christmas party** and **Christmas tea** on your calendar. The first will take place on Sunday, December 3, at the Stewartstown Presbyterian Church. All are welcome, especially kids, as Santa will be in attendance and Troy Winemiller will be honoring us singing Christmas Carols. You will need to contact the office to attend. Two weeks later is our Christmas tea at the Hope Haven on Monday the 18th. Seats are limited so call soon to reserve a spot.

And speaking of Christmas, clearly it isn't too soon to start gathering gifts for all those special people in your life. **Norwex** sustainable cleaning products are environmentally friendly with fewer chemicals and less plastic. Norwex will donate 20% of their profits to H.O.P.E. this month. Check out their website, <https://norwex.biz/>.

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

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



When anyone new comes to H.O.P.E., be it a patient or a volunteer, I tell them they have just joined a big family who is here to help. Well, 20 years ago, H.O.P.E. was invited into the Twin Rose Lady Rider's family, and over the years these lovely ladies have fundraised for H.O.P.E., attended our events, and have shown us love and support. On September 23rd, in all that wind and rain they stood outside and collected money for the Ride for H.O.P.E. Because of the weather, no one went out on their bikes yet people showed up in support and made donations all the while these lovely ladies were all trying to remember when the first H.O.P.E. ride took place and shared memories of other events they held in support of H.O.P.E. How blessed we are that they are part of the H.O.P.E. family! **Love you girls!**



*"The best way to find yourself is to lose yourself in the service of others."*

~ Mahatma Gandhi

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 [assistant@hopeforcancerfamilies.org](mailto:assistant@hopeforcancerfamilies.org), and she'll put you on our list. (And it will have color!) Thanks!

## Lung Cancer—Still a Scourge Here and Worldwide

Lung cancer is the leading cause of cancer deaths in the United States and worldwide, accounting for about one in every five cancer related deaths, according to the American Cancer Society. Despite this, death rates for the disease through 2020 have declined by 58 per cent since 1990 in men and 36 per cent since 2002 in women. From 2014 to 2020, the death rates for men have dropped by 5 per cent each year and the death rates for women have declined 4 per cent. Research shows that these declines are due to fewer people starting to smoke, more people quitting, and advances in diagnosis and treatment.

Currently, Black and White women have lower incidence rates than men. Black men have the highest lung cancer rates.

While lung cancer is an umbrella term, the malignancy can be looked at as separate diseases. **Non-small cell lung cancer (NSCLC)** is the most common, with 85 to 87 per cent of cases, while **small-cell lung cancer (SCLC)** accounts for only about 15 per cent of lung cancers.

**Small-cell lung cancer** is when abnormal cells in the lung grow fast and uncontrollably. It is an aggressive form of cancer that often starts in the airways and then spreads, or metastasizes, to other parts of the body.

**Non-small-cell lung cancer** is when cancer cells form in the lung tissues. It is more common and less aggressive than SCLC. But it is still important to catch it early so it doesn't spread to other areas.

Typical **symptoms** of both types of lung cancer include appetite or weight loss, chest discomfort, worsening cough, coughing up blood, hoarseness, swelling of the face and neck veins, tiredness, trouble breathing, trouble swallowing. Because SCLC is more likely to metastasize early on, the patient may have symptoms that stem from lung cancer in other organs. These include bone pain, bumps or lumps in the skin, confusion, paralysis, seizures.

**The main risk for both types of lung cancer is smoking.** About 98 per cent of SCLC cases are linked to smoking tobacco. This includes cigarettes, pipes, and cigars. The earlier a person starts smoking, the longer they smoke, and the more often they smoke, the higher their risk is. Quitting lowers their chance of developing lung cancer. Secondhand smoke is also a risk factor, and other risk factors include environmental pollution, radiation, workplace carcinogens, family history of lung cancer, radiation therapy to the chest or breast and imaging tests like CT scans, radon exposure.

The U.S. Preventive Services Task Force recommends **annual screenings** with a low-dose CT scan every year if you're 50-80 with a 20 pack-year history and you still smoke or you quit within the last 15 years or have a health problem that limits your treatment options or life expectancy. Lung cancer screening for high-risk people is helpful because SCLC grows fast and it's rare that it's diagnosed before the symptoms are noticed. Survival depends on early diagnosis.

### Exciting Lung Cancer Advances from 2023

- Keytruda Approval Offers “Another Form of Insurance”

In January, the Food and Drug Administration approved Keytruda (pembrolizumab) for the treatment of patients with stage 1B, 2, or 3A non-small-cell lung cancer that had previously been treated with surgery and platinum-based chemotherapy. Yale Cancer Center lung cancer expert Dr. Roy S. Herbst called it, “Another form of insurance that patients can take to keep their cancer from coming back and spreading.” Keytruda is an immunotherapy agent that works by making cancer cells more easily identified by the immune system which, in turn, will activate and then find and attack the cancer. The addition of Keytruda led to a 27 per cent improvement in disease control and disease-free survival.

- Inflammatory Biomarkers May Predict Survival Outcomes

Moderate to severe depression can cause an increase in certain inflammatory biomarkers, which can be used to predict survival in patients with lung cancer. Both lung cancer and depression have properties of inflammation, which is the body's response to injury or infection. Chronic inflammation can damage healthy tissues, cells and organs over time. It may also affect how patients respond to treatments like immunotherapies and targeted therapies, which utilize the patient's immune system.

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# This Thanksgiving, I Am Thankful for Cancer

By Bonnie Annis

(Published in *curetoday.com* November, 2019)

The holidays are among us, and I feel very unprepared. Things seem so different since cancer came into our lives.

In years past, I'd begin planning for Thanksgiving months in advance. Writing out the menu, shopping for food, putting up decorations were all parts of our family tradition. It was a grand gesture that always paid off, but for the past few years, it's been difficult to focus on planning a big meal. In fact, it's been such a challenge, one of my daughters has stepped up to help. For the past two years, she's been gracious enough to host the meal in her home. It's been a huge blessing and has taken the pressure off me. But this year she isn't able to host and I'll be forced to pick up the baton again. The thought has made me nervous.



*"Joy is the simplest form of gratitude."*

~ Karl Barth

The stress and anxiety over planning or the festivities has been overwhelming. There's no tangible reason for my feelings, but I believe the underlying factor to be an invisible foe – post-cancer post-traumatic stress.

The problem has been so apparent that my sweet husband stepped in to help. "This year," he said, "I don't want you to have to cook or worry about anything. I'm going to take care of it." I was shocked by his statement and wondered what he was planning. Two days ago, I found out.

Unbeknownst to me, he stopped by the local Honey Baked Ham store after work. Arms loaded with packages, he entered the kitchen and spread his wares across the counter. "I picked up some sweet potato casserole, mashed potatoes and gravy, a green bean casserole, cornbread dressing, a ham, and even some sliced apples," he said. I watched his face as he beamed waiting for my approval.

Taken aback at the thought of serving our guests frozen food for the holiday, I imagined my mother turning over in her grave. As a southern girl, who's always cooked from scratch, taking such a shortcut would be just short of sacrilege. But I didn't dare utter a word. My husband had offered a gift of love. He'd done what he could to take a burden from my shoulders and I was definitely thankful.

"Would it really be so bad to have pre-prepared food for one meal?" I thought. In my head, I justified his plan, and accepted it as a broad smile spread across my face. Praising my husband, I watched as his shoulders went back and his chest puffed with pride.

It took a while to realize the magnitude of his gift, but considering the fact that I'd been able to prepare the meal much faster than normal, I also realized I'd be able to spend more time visiting.

A lot has changed since my cancer diagnosis, especially relating to the holidays. I've learned it's OK to make concessions like having frozen food for Thanksgiving. And some of my 'pink sisters' go out to eat on Thanksgiving Day.

Cancer has taught me to focus on what really matters and that includes the fact that I'm still alive. For that, I'm extremely grateful.

It's a joy to be able to celebrate holidays with loved ones. This year, as we enjoy our unconventional meal, we'll also make a point of remembering those we've lost to cancer.

## This Year, Enjoy Happy, Simple Holidays

### Rest and Prepare

- Make a plan. How will you adjust your traditions for this holiday season? Remember to keep your overall well-being a top priority.
- Be realistic about your energy level and modify your expectations. Rest during the day if you have an evening activity.
- Think ahead. If eating brings on heartburn or nausea, take an antacid or antinausea medication before you go out for a meal.
- To lower your risk of infection, always eat freshly cooked food. Avoid takeout foods and raw meat, fish eggs, and dairy. (If your white blood count is very low, your doctor may advise you to avoid raw fruits and vegetables as well.)
- Ask your doctor if your chemo can be scheduled so you're between treatments the week you have an important social event.
- Plan how long you will stay at an event and how you will spend your time while you're there.



### Shopping

**Online is the 'new' outlet mall.** Shopping for groceries, clothing, furniture, and toys is easier than ever. It's a highly competitive time for online retailers, so look for the best deals that include free or speedy delivery. Web merchants may include gift wrapping and direct gift delivery. Gift cards are another easy option.

### Holiday Baking

If baking tasty treats for gift-giving or for your holiday table makes your season bright, be smart about prep time:

- Have your baking needs delivered.
- Bake only one or two favorite recipes.
- Bake in steps: Measure dry ingredients, put them in resealable bags, and label. At another time, measure wet ingredients and add your prepared dry ingredients. You can bake now or later. Cookie dough lasts for months in the freezer.

If none of the above appeals to you, **take time to enjoy small things**, such as a hot bath or watching a favorite movie. Making time for these pleasures can help boost your mood.

**Ask for help and accept it when it's offered.** This is a strength, not a weakness. Remind yourself that it's OK to say no. You don't have to feel obligated to accept every invitation or try to appease others' requests at this time.

## Exciting Lung Cancer Advances From 2023

[continued from page 3]

- **Blood Test Can Predict Patients at Risk of Dying from Lung Cancer**

Blood test results – when used in combination with individualized risk factors – may be able to predict which patients are at a higher risk of dying from lung cancer. The blood-based panel, called 4MP, measures four proteins in the blood that may help predict lung cancer risk. Unfortunately this has not yet been approved by the FDA and will have to be further tested in a clinical trial.

- **Doing More With Less in Lung Cancer Surgery**

Patients with stage 1A non-small-cell lung cancer who undergo surgery to remove a small portion of their lung have outcomes comparable to patients who have surgery removing an entire lobe, according to recent study results.

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*"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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