

H.O.P.E. LIFELINE



**H.O.P.E.
President/Co-Founder**

Barb Titanish

Executive Director

Jackie Prince

Board of Directors

- Craig Sharnetzka—Chair
- Nicole Schmid-Vice Chair
- Ned Duke Jr—Secretary
- Pat Grinnalds—Treasurer
- Denise Lauer
- Cheryl Schroeder
- Barbara Spurlock
- Paula Thrasher
- Heather Raubenstine
- Pete McGraw

**H.O.P.E. Lifeline
Production Volunteers**

- Jean Lillquist—Editor
- Jo Huber
- Kay Joy
- Cindy Moran
- Lynn Snook
- Marty Streett
- Maria Ellis
- Mae Liggitt
- Jeannette Keech
- Sandy Sharnetzka
- Roxanne McKinney

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 **717-244-2174**.

Support Group Mtg.

Date: Wednesday, March 14
Time: 7:00 p.m.
Location: H.O.P.E. Haven
Speaker: Everyone

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.

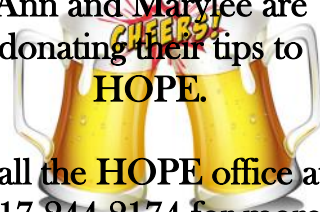
H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community. Phone: 717-244-2174 or 717-244-2161.

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

**Drink a Toast to HOPE
at the Park Inn
Saturday, March 9
from Noon to 3 p.m.
19308 York Road in
Parkton, Maryland.**

Guest bartenders Laura-Ann and Marylee are donating their tips to HOPE.

Call the HOPE office at 717-244-2174 for more information.



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

**25 games, 5 secret games,
1 thank-you game
Refreshments by our favorite:
Tasteful Occasions**

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**

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
Colorectal Cancer Skewing Younger	Pg. 3
The New Face of HOPE	Pg. 4
Best Foods and Why	Pg. 5
Scholarship Application Time!	Pg 5

FROM THE EDITOR'S DESK

Keep the winter coat handy, Mother Nature still has some surprises in store for us. From a low nighttime temperature of 14 degrees to a daytime high of 80, and then eight inches of snow that took forever to finally melt, this has been a humdinger of a winter. But you're not here for a weather recap, so let's move on to more relevant subjects.

March is colorectal cancer awareness month, and two of our articles relate to this topic. Colorectal cancer is the third most common cancer diagnosed in the United States but has the second-highest rate of deaths. The item that has been in the news recently is the number of young adults who are being diagnosed with the disease. We address that on page 3 with information about potential symptoms and lifestyle suggestions. On page 5 is an article about what foods are best for preventing cancer and why this is so.

As many of you know, **Barb** has been battling one health setback after another for quite a few years. Most people would have succumbed to just one of these problems, but Barb has kept on pushing, coming into the office daily, attending weekend fundraising events, and giving evening presentations. With the Haven up and running, the final request from her co-founder, she has finally decided to step back a bit, and on the next page we will introduce our new Executive Director, **Jackie Prince**, whom some of you may have met when she interned with HOPE in 2018.

Post-Covid days have been tough all around, but particularly for students, whose disrupted education is finally getting back on track. It's been especially difficult for high school students, tomorrow's next leaders. Almost since its inception, HOPE has been providing **scholarships** to high school seniors who have a personal connection to cancer, either an immediate family member or even the students themselves. The application deadline for one of our scholarships is March 15. See page 5 for more details.

We mentioned this in last month's newsletter and there is still time to help us at **the Haven**. We will be welcoming guests again in April, and are looking for **volunteer caretakers** to help watch over the operation. If you're interested, a training meeting will be held on Saturday, March 2, at the Haven. The session will last approximately two and a half hours, with check-in time at 9 a.m. (and coffee and refreshments!). Please call the office at 717-244-2174 to hold your seat for the session, and if you are not currently registered with HOPE as a volunteer, you will need to complete volunteer forms prior to training.

Just around the corner are two of our most popular spring events: **Bingo** and the **Voices for Hope Banquet**. Regular Bingo-goers will be happy to see that it's the "same ole, same ole" - i.e., the New Freedom Community Center. See ad on front page. As for our annual Voices soiree, we are excited to invite you to our new venue at Bentley Farms on Lincoln Highway in York. More details will be forthcoming in next month's newsletter. You're going to love the honorees and speaker!

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

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

We want to thank our volunteers and supporters! We sincerely appreciate your generosity and unwavering commitment towards H.O.P.E. and The Haven. Your support has helped us in nurturing the lives of those in need and has enabled us to fulfill our mission of providing high-quality, hands-on, and heartfelt assistance and support to cancer patients and their families.

We cannot thank you enough for being a crucial part of H.O.P.E. and our community's strength. Your contributions are instrumental in making a positive impact on the lives of those who need it most.



"Came from a plant, eat it; was made in a plant, don't."

~ Michael Pollan

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, and she'll put you on our list. (And it will have color!)
Thanks!

Colorectal Cancer: What Millennials and Gen Zers Need to Know

As we've reported for the past several years, colorectal cancer is on the rise in young adults. In early 2023 the American Cancer Society reported that 20% of diagnoses in 2019 were in patients under the age of 55, which is about double the rate in 1995, and rates of advanced disease increased by about 3% annually in people younger than 50. In 2021, both the U.S. Preventive Services Task Force and the U.S. Multisociety Task Force on Colorectal Cancer recommended that most Americans be screened for colorectal cancer at age 45 – five years than previously recommended – and continue with screenings periodically until age 75.

Also as we've previously reported, nobody knows for sure why this type of cancer is rising in young people. Sedentary lifestyle, overweight and obesity, smoking, heavy alcohol use, low-fiber, high-fat diets or diets high in processed meats, and other environmental factors have all been associated with the disease. Family history of colorectal cancer or polyps, and conditions such as inflammatory bowel disease are also risk factors.

When someone is diagnosed with cancer at a young age, people also suspect genetics, but experts still haven't been able to use genetics to explain the surge. The most common genetic condition associated with colon cancer is Lynch Syndrome, which typically involves tumors on the right side of the colon. That's not what's causing these cases, although there are lots more genes out there to study, and scientists have only mapped a third of the approximately 200,000 that make up our bodies.

Even though colorectal cancer is rising in young people, the incidence is still too low to justify routine colonoscopies for them. Doctors have been recommending that Black men and women start colorectal screening at age 45, since they are at a higher risk. For someone with a family history of the cancer, doctors recommend colonoscopy screening at 40 or 10 years before the age when the family member was diagnosed. Adults ages 75 to 85 should ask their doctor if they should be screened.

Short of a colonoscopy, doctors recommend physical rectal exams in the office for anyone who reports a suspicious change in bowel movements, the results of which could then send the patient for a colonoscopy. Here are some **symptoms** people of all ages should be aware of:

- Rectal bleeding.
- Unusual stools – dark or black (possibly indicating blood), or narrow, thin, or ribbon-like
- Change in bowel movements
- Low energy or tiredness



To avoid colorectal cancer, here are some **lifestyle changes** to consider:

- **If you smoke, quit.** This included e-cigarettes. Smoking raises the risk for not only lung cancer but colorectal and other cancers.
- **Drink responsibly.** In the past couple years the recommendation has gone from no more than two drinks a day to zero alcohol consumption.
- **Exercise.** You have a greater risk of developing colorectal cancer if you are sedentary. Being more active might lower your risk.
- **Lose weight.** If you are overweight or obese, you have a higher risk of both developing colorectal cancer and dying from it. This is especially true for colon cancer.
- **Consume adequate fiber.** You should take in 25 grams of fiber a day to maintain a healthy colon. (The typical American diet is 20 to 15 grams a day.)



Meet Our New Executive Director, Jackie Prince

For 30 years the names HOPE and Barbara Titanish have been synonymous: HOPE is Barb and Barb is HOPE. Barb's relationship with cancer began long before the birth of HOPE when she helped take care of family members, from two grandparents to an aunt to a cousin to her own brother and sister, and then her best friend Jeanette Cartwright.

The seed for HOPE began in January of 1992 when Jeanette was diagnosed with cancer and Barb took charge of her treatment. From this and previous experience Barb developed a caregiver's list, the foundation of what was to become HOPE. A little over two years after Jeanette's diagnosis, she called to say goodbye to Barb. Rather than accept this, Barb told Jeanette her work in creating their organization to help cancer patients wasn't finished, and out of this came what Barb terms her 'marching orders' from Jeanette: that HOPE would provide transportation, support groups, special attention to the children of patients, and a 'haven' like Jeanette's cabin in the mountains where patients and their families can find peace. Jeanette was able to help work on their dream for another seven months. Barb went on to accomplish Jeanette's requests and of course much, much more, including the yearly scholarship in Jeanette Cartwright's name awarded to four high school seniors that has to date given out close to \$100,000.

Jeanette's final wish, for a cabin in the woods, was realized several years ago with the HOPE Haven, a beautiful, huge house in 18 acres of nature where patients and their families can find a temporary escape from illness and stress. With this final goal achieved, Barb is taking a well-deserved, long-overdue break. Not retirement, just a new title, President and Co-founder. Barb and her board of directors have been looking for just the right person to fill her shoes, and they know they've found her in Jackie Prince. Although Jackie is petite and her feet are probably a little smaller, in all other respects she has the credentials and qualifications and humanity to keep HOPE going and growing.

Jackie's mantra is "Give to live."

A licensed social worker who has also worked a variety of other jobs (including managing a hair salon), Jackie Prince has devoted her professional career to helping others. Through her BA and master's degrees in social work she has counseled children in foster care and schools. As an employee of Wellspan she worked as a therapist helping people deal with chronic pain. Grief Relief, is how Jackie helps for her clients through chronic pain, anxiety, depression, and grief.

When you meet Jackie, you will never believe she has three adult children, two daughters ages 24 and 21 and a son who is 22. The two older are grown and flown and successful in their chosen fields, and the youngest will also soon leave the nest. As a single mother for much of their upbringing, Jackie is familiar with the challenges of juggling motherhood and supporting a family. She brings not only education and job experience to HOPE but empathy and compassion as well.

Jackie's mantra is "Give to live." She could also reverse it as live to give, as that is how she has conducted her life. A volunteer from an early age, she has continued to serve. She says, "We need to help each other; we need to have a purpose." Jackie's new purpose will be to continue Barb's mission in serving our cancer patients and their families and helping ease their burdens as they navigate this difficult stage of their lives. Barb is very pleased with her successor: "Jackie understands HOPE and has the passion to take it forward and upward as it continues to be an organization that cares and loves. I would never leave HOPE to someone who didn't care." We are as excited as Barb is to have Jackie at the helm.



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

~ Mahatma Gandhi.

WHY These Foods Are Recommended for Fighting Cancer

On average, more than one in three people in the United States will develop cancer at some point, according to the American Cancer Society. And many of those cases, researchers say, can potentially be prevented, including by making changes to your diet.

Yes, it's another article about what to eat, and none of the recommendations will be new. The difference here is a little bit of an explanation as to why these particular foods are better for you. No single food can prevent cancer on its own, but following a healthy diet does seem to reduce the risk. Here are some foods that experts say are worth adding to your plate.

Broccoli and its cousins. Cruciferous vegetables like broccoli, brussels sprouts, cauliflower and cabbage are rich sources of isothiocyanates, plant compounds that help our cells clear out toxins and repair themselves, which are crucial for cancer prevention. Research suggests consuming four or five servings of cruciferous vegetables per week is associated with a reduced risk of cancer and other chronic conditions.

Tomatoes and other related produce. Studies have long connected tomatoes to the reduced risk of prostate cancer thanks to their abundant stores of lycopene, a potent anti-oxidant that gives tomatoes their red color. Limited research has found that lycopene may also possibly protect against other cancers like breast, lung, and colorectal.

Processing tomatoes, such as by cutting or cooking them, helps us absorb lycopene more easily than when we eat them raw, and consuming them with fat helps, too. So eating them cooked, such as in a sauce or with a healthy fat like olive oil, can help boost the health benefits you get from them.

Beans and other types of legumes. Common bean varieties like black and kidney beans, and legumes like chickpeas, dry peas, and lentils, are not only high in protein but also great sources of fiber, which is crucial for gut and immune health. Fiber is also linked with colorectal cancer prevention. The bacteria in our gut break fiber down into fuel for the cells lining the colon, which keeps them healthy and less likely to turn into cancer cells. The protective benefits of fiber kick in after eating around 30 grams – or the amount in about two cups of black beans – per day.

Nuts, especially walnuts. Tree nuts are rich in healthy fats, protein, and fiber, and studies have found that those who consume them tend to have reduced risks of various types of cancer, especially those of the digestive system. Walnuts in particular contain plant compounds which are converted by our gut bacteria into metabolites that may reduce cancer's ability to grow and multiply. Dr. John Birk, a gastroenterologist at UConn Health who has performed colonoscopies for people in clinical trials that investigate the colon health benefits of walnuts, said that it was easy to spot a 'walnut colon.' The lining of the colon wall 'has a healthier appearance, a sort of glistening reflection of the light shining on it from the endoscope.' All you need to eat is a handful of tree nuts per day to get the health benefits.

Berries. Fleishy fruits like strawberries, blueberries, cranberries, pomegranates, and black raspberries are packed with anti-oxidants like vitamin C and flavonoids that help protect cells from stress and DNA damage that can increase cancer risk. A growing body of evidence suggests that certain compounds in berries may help reduce cancer's ability to develop, grow, and multiply. For the most anti-inflammatory benefits, aim for about one-half to one cup of fresh or frozen (ideally organic) berries per day.



*High School Seniors with a
Cancer Connection:*

*Now Is the 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.hopelife.org/academic-scholarship/> and download an application. If you have trouble downloading the application please call the office at 717-244-2174 or 717-244-2161 and we can email it to you.

Camp Dragonfly is a free weekend camp for grieving children. Sponsored by Hospice of Central PA, it takes place the weekend of June 7-9, 2024, at Camp Hebron in Halifax, PA. Only an hour away.

The camp is for children ages 6 to 15 and features group sessions to help children learn healthy ways to cope with loss. Other features include:

- Adult buddies
- A horsemanship program
- Other typical, fun camp activities ("It's ok to smile or laugh when you are grieving.")

Free to attend. Registration is required. Email bereavementinfo@hospiceofcentralpa.org or call 717-732-1000.

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."

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

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