



2024

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. 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.

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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 favor-

ite: Tasteful Occasions

18th Annual

Voices for Hope

Benefit Banquet

Thursday, May 2, 2024

5:30—9:30 p.m.

Bentley Farms

4535 Lincoln Hwy, York

Tickets \$90.00 per person

(Table of 8, \$630 by April 12)



Features a Reception, Silent
Auction, Dinner, and
Presentation

For tickets,

call 717-993-3778

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, April 10

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

April is bustin' out all over. Flowers are in beautiful bloom and yellow forsythia blankets the roads and highways. HOPE is bustin' out as well. This month features **Spring Bingo** and the spring **Adult Prom**, two super popular events. Bingo-goers can put their cars on autopilot because we're still at the New Freedom Community Center, still offering great food by Tasteful Occasions, and of course still featuring lots of fun games and oodles of prizes. Check our 'ad' on page one for details. If you're longing for an evening out where you really do have to get dressed up, the Adult Prom at the Valencia Ballroom might be the ticket. (Speaking of tickets, they're selling fast.) For \$145 you get a buffet dinner, open bar, professional photographer and candid photo booth, and a professional DJ spinning dance hits from every decade. For more details and ticket purchases, go to <https://www.eventbrite.com/e/adult-prom-york-2024>.

Just around the corner, on Thursday, May 2, is our annual **Voices for HOPE** banquet, where we honor a person or persons who have gone above and beyond in their contributions to HOPE. Begun 17 years ago in honor of one of our cancer patients Scott Brown, whose family has been supporters of HOPE since its inception, this year we are thrilled to recognize two of our family of volunteers. **Marty Streett** has been Barb's 'Head Elf' and volunteer extraordinaire for over two decades, and **Donna and Phil Franco** have been feeding patients, staff, and others for just as long. You can learn more about these indispensable people on pages 4 and 5. We have a new Voices location this year at Bentley Farms, a lovely renovated farm and barn surrounded by acres of landscaped gardens and grounds, just minutes off Route 30 in York. A beautiful venue for a wonderful event.

Just as it happened last year, the day after the Voices event is **Give Local York**, a phenomenal community fundraising event that benefits over 300 nonprofit organizations. Last year the event raised \$4.64 million dollars for its grateful recipients, of which HOPE is one. For this donation opportunity you don't have to go anywhere except online to pledge a donation. Throughout the two-day campaign there are numerous offers from sponsors to double pledges, so check it out carefully. Go to Give Local York and you'll see the website. Last year our generous friends donated over \$7,000.

Later in May, for all you car aficionados, is the **Mason Dixon Car Show** on Saturday, May 25, from 3–7. Bring your wheels to the Dallastown Family Restaurant and for \$5.00 you can show it off and qualify for prizes and support HOPE at the same time. When you've had enough car talk pop into the restaurant for some delicious food.

Looking a bit ahead, we have a new fundraising partner. **Arooga's Grille House and Sports Bar** is donating 15% of their patrons' guest checks to HOPE on Tuesday, June 4. Featuring classic bar food as well as a vegetarian menu, why not splurge on a Tuesday night for good cause. Make sure you take the voucher we've put on page 4 so that HOPE will benefit from your fun.

April recognizes **kidney, esophageal, and head and neck cancers**. Each of these makes up only around 4% of cancer diagnoses, but each is serious, and, unsurprisingly, each can be caused by smoking. See more about these three cancers on pages 3 and 5.

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

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

We had quite a surprise in late February. We had the best weather for the Pasta Dinner hosted by New Freedom Family Restaurant. Warm temperature sure enticed people to come out and enjoy their favorite pasta dish. People were parked everywhere, across the street, around the corner, wherever they could find a spot. The staff also showed their support by wearing pink, painting their faces, and having big smiles on their faces as they shuffled folks in and out. The total has kept changing since the restaurant called with a figure of \$5536.57 for the evening. Some people were unable to find a parking spot and graciously donated the money they would have spent if they attended. Changing the grand total for the night to \$5776.57. Thank you to the Dimos, Vickie, Georgie, and the entire staff of New Freedom Family Restaurant for such a wonderful night!

We need to also thank, Laura Ann Runkle and Mary Lee Patschorka for being the Guest Bartenders at the Park Inn. It was a wonderful afternoon and everyone had fun. These wonderful ladies were able to raise \$1106.37 for HOPE. Thank you, Ladies and the Park Inn!

We can't forget to thank all who attended these events and showed their support of HOPE.



"The greatest gift you ever give is your honest self."

~ Mr. (Fred) Rogers

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!

Kidney, Esophageal, and Head and Neck Cancers

Kidney Cancer

Most people have two kidneys, which are located above the waist on both sides of the spine. These reddish-brown, bean-shaped organs are each about the size of a small fist. They are located closer to the back of the body than to the front. The kidneys filter blood to remove impurities, excess minerals and salts, and extra water. Every day, the kidneys filter about 200 quarts of blood to generate two quarts of urine. The kidneys also produce hormones that help control blood pressure, red blood cell production, and other bodily functions. Each kidney works independently.

Kidney cancer begins when healthy cells in one or both kidneys change and grow out of control, forming a mass called a renal cortical tumor. A tumor can be malignant, indolent, or benign. A malignant tumor is cancerous, meaning it can grow and spread to other parts of the body. An indolent tumor is also cancerous, but this type of tumor rarely spreads to other parts of the body. A benign tumor means the tumor can grow but will not spread.

Risk factors for kidney cancer include older age, smoking (the risk decreases after the smoker quits), obesity, high blood pressure, treatment such as long-term dialysis for kidney failure, a family history of kidney cancer, and certain inherited syndromes. Kidney cancer is more common among older people and occurs more often among men than women and among Whites than Blacks. The risk of getting kidney cancer increases with age, most often occurring in people over 50. However, it does occur among children.

Diagnosis is done through blood and urine tests, imaging tests, or biopsy of kidney tissue. Treatment usually begins with surgery to remove the cancer. For cancers confined to the kidney, this may be the only treatment needed. If the cancer has spread beyond the kidney, additional treatments may be recommended. These could include targeted therapy drugs, immunotherapy drugs, radiation therapy, or other innovations by way of clinical trials.

Esophageal Cancer

Esophageal cancer occurs when cancer cells develop in the esophagus, a tube-like structure that runs from your throat to your stomach. Food goes from the mouth to the stomach through the esophagus. The cancer starts at the inner layer of the esophagus and can spread throughout the other layers of the esophagus and to other parts of the body.

Esophageal cancer is more common among men than women, and over the past decade the number of cases has been decreasing slightly. It is most common in whites. Although many people with esophageal cancer will go on to die from this disease, treatment has improved and survival rates are getting better.

One of the problems with this type of cancer, like several others, is that early on there may be no symptoms. It grows slowly and may grow for many years before symptoms are felt. However, once these develop, the cancer progresses rapidly. In more advanced cases, symptoms may include difficulty or pain when swallowing, weight loss, pain in the chest, behind the breastbone, coughing, and hoarseness.

There are a number of factors which increase a person's risk of developing esophageal cancer. They include smoking or other use of tobacco, heavy alcohol use, gastroesophageal reflux disease (GERD) in which contents and acid from the stomach back up into the esophagus, Barrett's esophagus, a condition that affects the lower part of the esophagus and can lead to esophageal cancer.

Head and Neck Cancer

Head and neck cancer is a group of cancers that starts in or near the throat, voice box, nose, sinuses, or mouth. Usually it begins in the cells that line the surfaces of these body parts. Doctors call these squamous cells. There are five main types of head and neck cancer. The symptoms are a bit different for each.

[Continued on page 5]

H.O.P.E. Thanks the Fantastic Francos

Phil and Donna Franco first met Barb and her husband Ed more than 20 years ago at a Stewartstown carnival, where the Francos were selling raffle tickets for their organization The Raven's Nest. Always interested in meeting people and happy to spread the word about HOPE, Barb and Ed bought some raffle tickets and recruited Phil and Donna into the HOPE family. It's been a long, strong relationship.

The Raven's Nest was a spinoff from the long-ago Colt's Corral, Baltimore's legendary football team. Its purpose is to raise money for organizations, and HOPE has been one of its recipients for many years. However, Donna and Phil have done far, far more than that for HOPE. Their contributions include donating backpack supplies for the annual back-to-school drive and adopting families every year at Christmas time. But their major contributions have come through their shared love of cooking.

True Italian that he is, Phil makes a mean red sauce, and he has volunteered his talent and materials to preparing countless spaghetti dinners to raise money for patients and their families. Not only that, he also auctions off his talents for dishes like chicken lombardy, beef roast, lasagna, chili, and other specialties. He has created intimate meals for just a few, and he has fed more than a hundred at a time. Donna grew up in a family of 'foodies' as well. After her parents sold their diner in Towson, they opened a bed and breakfast, and Donna helped them in both with the assistance of Emeril Lagasse's TV shows and cookbooks. While Phil is serving homecooked meals to auction winners, Donna does the same with her extremely popular 'soup and dessert of the month.' She also provides cookies and baked goods whenever Barb asks.

When the weather is nice you might see Donna at the Haven working alongside other volunteers as they maintain the grounds. She trims tree branches, whacks weeds, and keeps planting new plants that the deer just as quickly 'trim.'

Another recipient of The Raven's Nest's generosity is Sparrow Place. This organization provides food and shelter, clothing, education, and training for young women who are escaping from the sex trade. Barb dipped into her vast knowledge and experience to help them set up their non-profit. And for five years Phil has provided his famous red sauce to make and serve hundreds of spaghetti dinners to help raise money. Last year he fed nearly 250 people!

Donna says she's lucky that her favorite hobbies, gardening and cooking, just happen to be two ways she can help HOPE. She explains her dedication, saying, "HOPE's people are the most awesome, positive people with hearts full of love and compassion. No 'ask' is too big, no challenge too painful, that they don't jump on board and spread some love, help, and positive energy to solve."

Her husband Phil simply added, "There's no saying 'no' to Barb."



"Act as if what you do makes a difference. It does."

~ William James

Please hand voucher into your server or bartender to attach to your receipt to receive proper credit.



1211 Haines Rd.
York, Pa

YOUR LOCATION STAMP HERE

Funds for Friends

Help for Oncological Problems & Emotional Support

ORGANIZATION

June 4, 2024
DATE OF EVENT

Dine at this Arooga's Grille House & Sports Bar location on the above indicated date & 15% of your guest check will be donated to the above organization/charity.

15% donation not valid on specials. Coupons/Vouchers must be distributed prior to event date. Any solicitation on site will result in forfeit of all monies to your organization/charity.

H.O.P.E. Thanks the Marvelous Marty Streett

Most of the time when Marty Streett's name is written in our newsletter, it also includes the label Head Christmas Elf. For decades Marty has overseen every aspect of Christmas for our HOPE children, from sending the initial letters, to compiling the wish lists, to distributing gift requests to individuals and organizations who reach out to participate, to organizing and wrapping all the gifts, and finally, to making sure they go to the right recipients. Barb begins the days-until-Christmas count down in January to tease Marty, but it truly is a year-round labor of love for her.

Marty has been a HOPE volunteer since 2000, when she and her husband drove patients to doctors' appointments. Their introduction to HOPE actually began a year earlier with his diagnosis of prostate cancer and their attending support group meetings. When Marty started volunteering, HOPE was still in Stewartstown. She has seen it through three locations and was a major mover when the contents of the office and pantry and Serenity Room were relocated from New Freedom to the Haven. Lots and lots of packing and unpacking were done by Marty and other volunteers.

After her husband's death in 2005, Marty became a fulltime volunteer. It is impossible to describe all the different ways she has helped Barb run the office and assist the patients and their families. In addition to orchestrating Christmas Marty also helps with fundraisers, creating hundreds of beautiful silent auction baskets over the years. She has delivered items to patients, written hundreds of messages on birthday and 'thinking of you' cards, and even picks up the mail every day at the post office. You'll see her at every Bingo and other major events, from the bull roast to the Voices for Hope banquet to tons of others. She also hosted a yearly Christmas tea at her picturesque log cabin home until the purchase of the Haven, where we now hold Christmas Tea. She still provides the food with her long time friend, Sandy Sharnetzka.

As a former elementary school teacher of first and second graders, it was only natural that Marty continued to serve others after her retirement. Her son and daughter have families of their own and Marty is a proud grandmother and great-grandmother. Among her hobbies is scrapbooking, and she's now working on an album for one granddaughter who will be getting married.

HOPE is Marty's "family away from home." She says it's a wonderful organization to work with. She loves the people and patients, and says that "Even though it's sad at times, it has many uplifting moments, like when patients tell us they 'got to ring the bell' after they are found to be cancer-free."

April is Head and Neck Cancer Month

[Continued from page 3]

Head and neck cancer accounts for about 4% of all cancers in the United States. These cancers are more than twice as common among men as they are among women. Head and neck cancers are diagnosed more often among people over age 50 than they are among younger people. The most common symptom is a persistent sore throat. Other symptoms include frequent headaches, hoarseness, pain when you chew or swallow, neck pain that won't go away, facial numbness or pain, persistent earaches or infections.

The biggest cause of head and neck cancers is tobacco. This includes chewing tobacco and using snuff, not just smoking. Secondhand smoke can also raise the risk of getting head and neck cancer. Drinking too much alcohol raises the risk, and combining smoking and alcohol makes everything worse. HPV has been shown to be a cause of 12% pharyngeal (pharynx) cancer cases, 3% of oral cancers, and 70% of all oropharyngeal cancers, the latter of which is drastically increasing in the younger population. Yet another reason for girls and boys to get the HPV vaccine.

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."

RETURN SERVICE REQUESTED

H.O.P.E.
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Stewartstown, PA 17363
(717) 244-2174

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