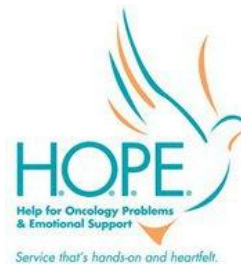


H.O.P.E. LIFELINE



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H.O.P.E.'s Office Hours are
 Monday through Friday,
 9am—3:30 pm
Please call the H.O.P.E. office
(717-244-2174) in advance to set
up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry
- Dropping off donations, etc.

Support Group
 Date: Wednesday, Feb. 11th
 Time: 1pm AND 7pm
Daytime & Evening option this month!
 Location: H.O.P.E. Haven
 13275 Blymire Hollow Rd., Stewartstown, PA 17363
 Topic : Everything

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.


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, March 9, 2026
3-9 p.m.

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



Get Your **BINGO Tickets...**

Sunday, March 29th
H.O.P.E. Spring Basket BINGO!!!

New Freedom Community Bldg
 150 E. Main St., New Freedom PA 17349

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

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

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

Contact the H.O.P.E. office
 at 717-244-2174
 for tickets and details

ATTENTION SAUBEL'S SHOPPERS: H.O.P.E. is collecting the stamps for their lodge cast iron cookware! Please save them and send them into the H.O.P.E.'s office! Thank you!

Attention High School Seniors: Reminder to apply for the Jeanette Cartwright Memorial Scholarship here with H.O.P.E.: <https://hopelifeline.org/academic-scholarship/>
 Deadline to apply is March 15th!

Time to apply to stay at The Haven: Take a vacation, breathe a little easier, enjoy time with family—apply today! Go to our website and apply!
<https://hopelifeline.org/application-for-haven/>



"What we give in love returns in impact—because together, our compassion becomes someone else's hope."

"Hope grows when hearts come together—through every act of kindness, every shared moment, and every life touched along the way."

*If you would prefer to receive our newsletter by email (plus help us save postage), please send an email to our Assistant Director
Abby Streett,*

*assistant@hopeforcancerfamilies.org
She'll put you on our email list (plus it will have color!) Thanks!*

A Heartfelt Start to February

Although January slipped quietly by without a newsletter, the impact of December still echoes loudly in our hearts. This past holiday season, the H.O.P.E. community came together in an extraordinary way, providing Christmas blessings to **92 children, 42 families, and 20 local shut-ins**. The love, generosity, and compassion shown truly made the season shine brighter for so many.

We extend our gratitude to **Anytime Fitness**, and the **New Freedom Lions** for their extra holiday giving to the food pantry, at the most crucial time of the year, as well as raising awareness of H.O.P.E.

H.O.P.E. is incredibly blessed with continuous donors that are always checking in, seeing what's needed, and traveling to us to deliver! Thank you **Sonya—with the Brougner Foundation, Stewartstown Baptist Church, Relay for Life**, and so many more! Every special heart that truly filled the food pantry, even donating turkeys/hams, making sure each family was well stocked for the holidays, incredible blessings!

Early winter marked a milestone for our wood fundraiser: **in 90 days, 90 cords sold**, completely selling out just in time for the holidays and giving our hardworking wood volunteers a well-earned rest.

As we step into this new year, we proudly celebrate **32 years of H.O.P.E.** What began as a simple vision, fueled by love, a promise, determination, and an unwavering belief in helping others, has grown into a powerful family of support, strength, and courage. We are humbled and deeply grateful for every blessing, every connection, and every opportunity to make a difference.

This year, we invite you to make H.O.P.E. a part of your goals. Because when you give to H.O.P.E., **it truly gives back**—to families, to our community, and to you.

- Attend a fundraiser and/or support group
- Become a volunteer, recruit a volunteer, or volunteer even more
- Start or continue a monthly donation
- Share your ideas and dreams for how H.O.P.E. can grow
- Help bring new fundraising ideas to life

H.O.P.E.'s Angel Corner by Barb T. Thank you to our HOPE community, showing up in the most beautiful way. Because of the kindness of local churches, businesses, organizations, individual donors, and more, H.O.P.E. was able to provide smiles, extra comfort, and hope this holiday season. Even something new, a special Girl Scout Troop brought smiles beyond Christmas morning by providing birthday gifts, each one a "party in a bag" to ensure birthdays were celebrated greatly. To everyone who donated Saubel's stamps, your generosity helped us create household gift sets, pairing cookware, glasses, bakeware, and staples to truly bless families in need. And to our H.O.P.E. head elf and her many dedicated elves, whose time, care, and organization kept everything running seamlessly, your hard work shined brightly. The H.O.P.E. family truly made this holiday season one filled with hope, dignity, and love. Reminding us that when a community comes together, hope shines brightest.



A great read... Another Reason Dogs Are Man's Best Friend

Did you know that we humans have five million scent receptors in our nose? How overwhelming is that! But did you know that dogs have about 220 million?!

While undetectable to the human nose, all cells release volatile organic compounds (VOCs) as they perform their day-to-day cellular activities. When cells become cancerous, their metabolisms change, so the compositions of VOCs they emit change as well. With their more sensitive noses, animals have no problems smelling these changing combinations of VOCs. We say animals, because ants, locusts, and even worms have been found to be able to identify different cancers.

The In Situ Foundation in California is a nonprofit cancer-dog training organization. Its dogs are trained for eight months and during this time they smell samples of breath, plasma, urine, and saliva collected by doctors and sent to the foundation. After smelling more than 300 unique samples, dogs are able to distinguish between a healthy sample and a cancerous one. Dogs have been trained to work with research teams at hospitals and universities, and now In Situ is preparing to roll out the first-ever hospital-backed program to use cancer-detecting canines among the public, providing early screening for firefighters in California, who are at high risk of developing cancer because of all the toxins they're exposed to in fires.

Elsewhere, cancer-detecting dogs are being trained not to work directly on early screening for the public, but rather to help researchers gather data they will use to build a 'mechanical nose' – a device that will detect odors just like a dog's nose, without the need to train multiple dogs.

For many cancers, there's currently no screening method available: people don't know they're suffering from the disease until they start to experience symptoms. And no variety of cancer currently has a reliable screening method for the disease in its earliest stages. This means that someday in the not-too-distant future, dogs' noses will be saving many thousands of lives, whether it's through a mechanical nose or a real, live four-legged friend.

But ants, come on. And yet. Researchers scooped up an ant on a piece of filter paper as it left its nest and placed it in a petri dish. On one side of the dish, they placed a tube with a cancer sample and a sugar solution, and on the other side there was an empty tube. The ants soon associated the cancer odor with a sugary reward. Once trained, the ants preferentially stayed close to the cancer odor over any other odor. By comparing the amount of time each ant spent near a particular odor, the researchers determined which sample was cancerous. The researchers found that the ants could discriminate between healthy and breast cancer cell lines.

Now, about those worms. Worms have an odor detecting power on par with insects and dogs. After witnessing the impressive cancer detection abilities of dogs, a Japanese researcher wondered if worms could do the same. They're a lot cheaper to work with than dogs.

At first the scientist placed undiluted urine from a healthy person and from a person with cancer on opposite sides of a petri dish; the worms showed no preference for either sample. Knowing that worms can change their preference for particular odors based on their concentrations, the researcher decided to dilute the urine sample. He finally found a concentration where the worms showed a clear preference for the cancer samples over the healthy ones. Using this experimental setup, he and his team tested 242 urine samples, and the worms discriminated between cancerous and noncancerous samples with 95.8 percent sensitivity. The team reported that the worms could discriminate between healthy and early-stage pancreatic cancer in human urine samples.



“The ancient Greeks talked about sniffing things to try and make a diagnosis, but humans had forgotten it,” said Clare Guest, founder of the British organization Medical Detection Dogs. “We forget sometimes that nature provides us with strong signals. We want to be reminded by nature sometimes how to get things right.”



"the way we fill our plates every day can make a meaningful difference in supporting our health"



Fighting Cancer by the Plateful

Small food choices. Powerful impact. When it comes to cancer prevention, there’s no magic food that does it all. But the way we *fill our plates* every day can make a meaningful difference in supporting our health. Experts from the American Institute for Cancer Research encourage a simple approach called the “**New American Plate.**” The idea is easy: Fill **two-thirds of your plate with plant-based foods** and keep **animal proteins to no more than one-third**. This balance helps your body get the nutrients it needs to stay strong and resilient.

EAT THE RAINBOW

Colorful fruits and vegetables are packed with cancer-fighting nutrients. The deeper and brighter the color, the more protective compounds they often contain.

Try to include:

- Dark greens like spinach, kale, and broccoli
- Reds like tomatoes and peppers
- Oranges and yellows like carrots and squash
- Purples like grapes and berries

Eating more plants also helps maintain a healthy weight – an important factor, since excess weight is linked to several cancers.

POWER UP YOUR BREAKFAST

A healthy morning can set the tone for your whole day. Foods rich in **folate**, a natural B vitamin, may help protect against cancers of the colon, breast, and rectum. Great breakfast choices include:

- Whole-grain cereals and breads
- Oranges, melons, and strawberries
- Eggs, beans, and leafy greens like spinach or romaine

While supplements can be helpful in certain situations, most people get the best protection by getting nutrients directly from food.

BE MINDFUL OF MEATS

Enjoying a hot dog at the ballpark or a deli sandwich once in a while is fine, but regularly eating **processed meats** like bacon, bologna, and ham can increase the risk of colorectal and stomach cancers. Also consider *how* meat is cooked. High-heat methods like frying, grilling, and broiling can create chemicals linked to cancer risk. Healthier options include: Stewing, Braising, Baking, and Steaming

And don’t forget to add plenty of vegetables to every meal!

NATURE’S CANCER-FIGHTING FOODS

Many everyday foods contain natural compounds that may help protect our cells:

- **Tomatoes** – rich in lycopene, especially when cooked
- **Green tea** – shows promise in lab studies
- **Grapes** – contain resveratrol, a powerful antioxidant
- **Beans** – full of protective phytochemicals
- **Cruciferous vegetables** – like broccoli, cabbage, and Brussels sprouts
- **Dark leafy greens** – packed with fiber, folate, and carotenoids
- **Turmeric** – contains curcumin, an exciting area of cancer research
- **Berries** – especially strawberries, raspberries, and blueberries

While no food can prevent cancer on its own, these choices support your body in amazing ways.

[continued article on page 5](#)

FIGHTING CANCER BY THE PLATEFUL CONTINUED....

DRINK SMART

Water does more than quench thirst. Staying well hydrated may help lower the risk of bladder cancer by flushing potential toxins from the body. When it comes to alcohol, less is better. Alcohol is linked to cancers of the mouth, throat, liver, breast, and more. If you choose to drink, keep it moderate – and talk with your doctor if you have personal risk factors.

SWEET CHOICES MATTER

Sugar doesn't directly cause cancer, but too much can crowd out healthier foods and lead to weight gain – which increases cancer risk. Craving something sweet? Reach for **fruit** instead. You'll satisfy your sweet tooth while nourishing your body.

FOOD FIRST, ALWAYS

Vitamins and supplements can have a role, but the strongest cancer-fighting benefits come from **real food**. Nuts, fruits, vegetables, whole grains, and legumes work together in ways supplements simply can't replicate.

The Bottom Line

You don't need to overhaul your life overnight. Start with small, steady steps – adding more color to your plate, choosing whole foods, and cooking in healthier ways. Every meal is a chance to support your body. Every choice is a step toward hope, strength, and better health.

H.O.P.E.'s Happenings

Act Quickly—Register by January 31st! Starting Tuesday, February 17th
Sessions take place on Tuesday and Thursday, 1:00 p.m. or 6:00 p.m.

PROGRAM DESCRIPTION:

- Evidence-based cancer survivor program
- Small group supportive environment
- 12-week program
- Two 90-minute sessions per week
- Provided by two-three certified instructors
- Includes cardiovascular conditioning, strength training, balance and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation

L I V E S T R O N G[®]
A T T H E Y M C A



ELIGIBILITY:

- Adult survivor in any stage of cancer journey
- Referral and medical clearance from a health care provider

Questions? Contact
Kyle Almoney
717-843-7884 X248

IT'S FREE! Includes a six-month YMCA membership during the program

Mark Your Calendars

Be sure to mark your calendar, and plan to attend, for our
VOICES of HOPE Banquet
Thursday, May 7th starting at 5:30pm
 a special evening to celebrate hope, honor journeys, and unite in purpose!

CONNECT WITH H.O.P.E.

Physical Address: 13275 Blymire Hollow Rd., Stewartstown, PA 17363

Mailing Address: P.O. Box 279, Stewartstown, PA 17363

Phone: 717-244-2174

Website: <https://hopelifeline.org>

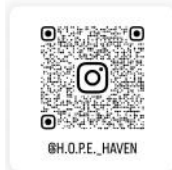
Make an online donation: <https://hopelifeline.org/donate-online/>

Email: barb@hopeforcancerfamilies.org and/or assistant@hopeforcancerfamilies.org

“Like” & Follow Us on Facebook: H.O.P.E.

(Help for Oncology Problems & Emotional Support)

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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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