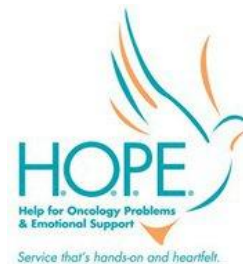


# H.O.P.E. LIFELINE



**H.O.P.E.**  
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 Debbie Thim  
 Carrie Dunning  
 Linda Fodel

H.O.P.E.'s Office Hours are  
 Monday through Friday,  
 9am–3:30pm  
**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, March 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.**

**B I N G O** **STILL  
 Time To  
 Grab Your 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/>



“The greatness of a community is most accurately measured by the compassionate actions of its members.”

*Coretta Scott King*

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!

## FROM THE EDITOR'S DESK

As we turn the page to March, we welcome the gentle signs of spring ; longer days, warmer sunshine, and new beginnings. After a season of winter's cold, this month brings fresh energy, renewed hope, and the beautiful reminder that even after the coldest days, growth always returns.

Spring carries so many blessings: light after darkness, color after gray skies, and the opportunity to gather once again. At H.O.P.E., March is a month we eagerly anticipate. A time when our community steps out of winter hibernation and comes together in support, encouragement, and celebration.

We are especially excited for two wonderful events that make this month extra meaningful: our delicious **Pasta Fundraiser** and our much-loved **Basket BINGO!** These gatherings are more than just events, they are moments of connection. They bring friends, families, and supporters together to raise funds and awareness for the patients and families we serve, ensuring that H.O.P.E. can continue to provide comfort, resources, and The Haven experience to those impacted by cancer.

There is something special about a room filled with laughter, shared meals, friendly competition, and hearts united for a cause. March offers us that gift, a renewed sense of togetherness and purpose.

And just around the corner is our **Voices for Hope Banquet! Thursday, May 7th**, our annual Voices Banquet will be held at the beautiful Bentley Farms on Lincoln Highway in York. We are so excited to welcome you to this stunning venue for an evening filled with inspiration, gratitude, and celebration. You are going to love our honorees and our special guest speaker! This special evening promises to be a meaningful night you won't want to miss.

Interested in donating an item or basket for our Silent Auction, or becoming a sponsor of any of our upcoming events? We would love to connect with you! When businesses and organizations come together to support one another, it is truly a blessing. Community partnerships make a meaningful difference, not only for our events, but for the families we serve every day. Here at H.O.P.E., we deeply value and appreciate the generosity of all our supporters. Your contribution helps us continue providing comfort, resources, and hope to those navigating the cancer journey.

Thank you for standing with us and making an impact in our community. As the season changes, so does our anticipation for what lies ahead. We are grateful for each of you who makes this mission possible, and we look forward to a month filled with community, compassion, and hope in full bloom.

**H.O.P.E.'s Angel Corner:** This past winter certainly brought its share of travel delays, long hours, and plenty of snow, and with it, our deep gratitude for some very special volunteers. Kevin Snook graciously gave not only his time, but his equipment, to ensure the H.O.P.E. office remained open, accessible, and ready to welcome every visitor who walked through our doors. Time after time, he showed up without hesitation, clearing the way so our families and staff didn't have to worry. Knowing our "snow angel" was taking care of us made even the heaviest snowfalls feel a little lighter. Kevin even brought along his brother, Craig, another one of our incredible "do anything for anyone" volunteers, braving the cold right alongside him. These two are simply angels in work boots, always willing to lend a hand wherever needed. While it may have seemed like Kevin didn't mind the cold, snow, and all the labor that came with it, warmer days are ahead for him. Later this year, he'll be Florida bound, preparing to enjoy retirement life filled with sunshine, sand, and those beautiful warm Florida days. Though we'll miss him here in PA, we are so grateful for the dedication, commitment, and heart he has given to the H.O.P.E. family. Winter was certainly less stressful because of him, and for that, we are forever thankful.

## Food for Thought: Simple tips for eating more “real food”

Submitted by: Linda Krupa, RDN, LDN, H.O.P.E. Board Member

While the latest edition of the *Dietary Guidelines for Americans* released this month has sparked debate among experts, the overall message to “eat real food” is likely appreciated by all. In short, “real food” is meant to describe **whole foods eaten in their most natural state**, rich in many different nutrients our bodies need. Including a variety of whole foods (vegetables, fruits, whole grains, nuts and seeds, legumes) in our diet every day goes a long way in keeping us healthy - and feeling satiated. Fresh, unprocessed meats, poultry and fish can also be considered “whole foods”.

**Are all “processed foods” unhealthy? Definitely not.** Canned beans, plain yogurt, natural cheeses, and frozen fruits and vegetables are examples of very nutritious minimally processed foods. You can eat numerous processed foods as part of a healthy diet. **It’s the overall balance of your diet that matters most. Eating too many highly processed foods, however, can lead to health concerns.** Studies have linked high intake of “ultra-processed foods” (UPFs) with chronic diseases including type 2 diabetes, heart disease, obesity, cancer, GI disorders, cognitive decline and depression. The two types of foods appearing to make the most impact: sugary drinks and processed meats, chicken and fish (think hotdogs, lunch meats, bacon, sausage, chicken nuggets...).

UPFs are typically low in fiber and high in calories, added sugar, sodium, refined grains and fats, and additives, all of which are designed to help make foods more appealing. Because UPFs are “engineered for taste”, and are “cheap” and convenient, it can be very easy to eat too much of them. **An occasional indulgence in a highly processed food should NOT be cause for guilt or anxiety.** If you recognize your diet is largely made up of them though, gradually adopting some of the steps below each day or week will help limit processed foods in favor of healthier, heart-friendly choices.

**Try prepping meals ahead** – Preparing larger batch meals a few times a week (at a time that works best for you) will ensure nutritious meals are ready when you’re too busy to cook, making stopping at the drive-through much less tempting. Pick a simple recipe or two using mainly fresh ingredients to get started. Add a cooked, frozen vegetable when reheating the main dish you made ahead. Homemade overnight oats are a quick and easy grab ‘n go option for breakfasts.

**Eat more vegetables** – Include at least one serving of vegetables with every meal prepared at home. Have fresh veggies ready for snacking. Add more veggies to salads. If you make a salad for dinner, prep one for lunch the next day at the same time.

**Swap refined grains for whole grain alternatives** – Choose brown rice, whole wheat bread, whole grain pasta, and whole wheat tortillas more often.

**Keep healthy snacks on hand** – Fresh or unsweetened canned fruits, simple “home-made” trail mix of nuts and dried fruit, string cheese, veggies with hummus or a homemade dip made with plain yogurt, and air-popped popcorn are simple heart healthy options.

**Drink more water** – Gradually trading sweetened drinks for water throughout the day can go a LONG way in improving your diet.



### Roots for Boots – A Resource for Help

<https://rootsforboots.com>

**& A Call to Serve**—Shared by: Nick Albert, H.O.P.E. Board Member, Veteran

Needing a wheelchair ramp, safety railings, or help with home repairs during cancer treatment? When health takes an unexpected turn and fixer-upper projects become overwhelming, **Roots for Boots** is an incredible resource. They provide hands-on support to individuals and families who can no longer complete necessary home improvements on their own, creating safer, more accessible spaces during some of life’s hardest seasons. For our veterans and those looking for a meaningful way to serve right here at home, Roots for Boots also offers the opportunity to step in and make a tangible difference. By volunteering time and skills, you help ease burdens for families facing serious health challenges while continuing a legacy of service to others. Our H.O.P.E. community is strong and far-reaching. Whether you need assistance, know someone who does, or feel called to lend a helping hand, we encourage you to spread the word. Sometimes serving your country, and your community, simply requires a willing heart.

## A Little Resource Section: Places to Turn for Support During Cancer

*A cancer diagnosis can bring unexpected challenges: emotional, physical, and financial. The good news is that compassionate organizations across the country are dedicated to helping patients and families navigate this journey with dignity and care. Whether you need nutritious meals, financial relief, support for your children, or a reminder that you are not alone, these resources are here for you.*

### Financial & Home Energy Assistance

#### LIHEAP (Low Income Home Energy Assistance Program)

Cancer treatment often increases household expenses. LIHEAP helps eligible families manage heating and cooling costs, easing financial pressure so you can focus on your health and recovery.

#### PAPUC - Public Utility Commission - Pennsylvania

<https://www.puc.pa.gov/about-the-puc/consumer-education/utility-assistance-programs/>

**Department of Human Services:** Provides a list of services and financial assistance that one may qualify for.

<https://dhs.maryland.gov/> (Maryland) <https://www.pa.gov/agencies/dhs> (Pennsylvania)

### Meal Support & Nutrition

**Mom's Meals:** Designed for individuals managing health conditions, Mom's Meals delivers refrigerated, medically tailored meals directly to your home. Many insurance plans, including Medicaid and some Medicare Advantage plans, may cover the cost.

**Meal Pro:** Provides high-protein, ready-to-eat meals that can support strength and recovery during treatment. Their customizable options help meet specific dietary needs.

**Comfort Cuisine:** Focused on chef-prepared meals for individuals facing medical challenges, Comfort Cuisine offers nourishing options that reduce the stress of cooking while prioritizing health.

**Cancer Nutrition Consortium:** This organization connects patients with evidence-based nutrition guidance and resources. Proper nutrition can play an important role in maintaining energy, supporting treatment, and improving quality of life.

**God's Love We Deliver:** Prepares and delivers medically tailored meals to people living with serious illness, at no cost to those who qualify. Their mission is rooted in the belief that food is medicine.

**Meal Train:** A simple but powerful platform that allows friends, family, and community members to organize meal schedules or gift cards. It's a meaningful way for loved ones to provide ongoing support.

### Support for Children & Families/Care Packages & Encouragement

**Alex's Lemonade Stand; Camps for Kids in every state!** Offers opportunities for children with cancer and their siblings to experience the joy of camp in a medically safe environment. These programs foster connection, confidence, and moments of pure childhood fun.

**Cool Kids Campaign – Towson, MD:** Mission is devoted to improving the quality of life for pediatric oncology patients and their families by focusing on the academic, social, and emotional needs brought on by a cancer diagnosis.

**Twisted Pink – Boxes of Hope:** These thoughtfully curated care packages are filled with comforting and practical items for patients in treatment.

**Remember Help Is Available!** You don't have to carry this burden alone. Reaching out for support is not a sign of weakness; it is a step toward healing, stability, and hope. Whether it's a warm meal, help with utilities, a camp experience for your child, or a surprise box of encouragement, these organizations exist to lighten the load.

**Here at H.O.P.E., we are always ready to help guide you toward the resources you need.** If you're unsure where to start, reach out! Together, we can connect you with support that makes a difference.



*“When you get into a tight place and everything goes against you... never give up then, for that is just the place and time that the tide will turn.”*

~ Harriet Beecher Stowe

## March is....

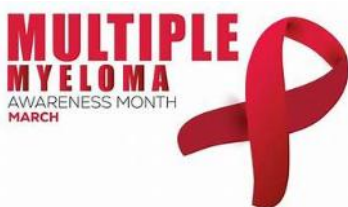
March brings important opportunities to raise awareness for several cancer communities. While each diagnosis carries its own challenges, each story also carries strength, resilience, and hope.

**Anal Cancer Awareness** reminds us of the importance of early detection and reducing stigma. Though less commonly discussed, awareness and routine medical care play a powerful role in prevention and successful treatment. With continued education and advancements in care, outcomes continue to improve – and no one facing this diagnosis should ever feel alone.



**Colorectal (Colon) Cancer Awareness** highlights one of the most preventable cancers through regular screenings. Early detection truly saves lives. When found early, colorectal cancer is highly treatable, and increasing awareness empowers individuals and families to take proactive steps toward their health.

**Kidney Cancer Awareness** shines a light on the importance of recognizing symptoms and understanding risk factors. Ongoing research and innovative treatments are providing more options than ever before, bringing renewed hope to patients and their loved ones.



**Multiple Myeloma Awareness** focuses on a cancer of the plasma cells that affects the bone marrow. While it is considered a chronic condition for many, significant advancements in therapies over recent years have extended survival and improved quality of life. Continued research offers encouraging progress and growing optimism.



At H.O.P.E., we stand beside every individual and family impacted by these diagnoses. No matter the type of cancer, our mission remains the same: to provide support, compassion, resources, and a place of comfort on the journey.

# H.O.P.E.'s Happenings

Sunday, April 19th  
11am-3pm  
York location



**DINE TO DONATE**



Donations start Thursday, April 30th @ 7pm through Friday, May 1st closing @ 7pm!  
Attend our Block Party at Stewartstown United Methodist Church Friday, May 1st 4-8pm!

TICKETS ARE IN! Grab yours today!  
**VOICES of HOPE Banquet**  
Thursday, May 7th starting at 5:30pm



**NEW JULY 2026 Calendar Raffle "Summer Adventures" \$20 per ticket**

Winning number based on PA Lottery Evening (3) Digit Number **31 Chances to WIN!** Summer fun & family adventures; Back-to-school shopping support; Making memories before fall arrives; Opportunities to win prizes that help all enjoy the season!

## 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>

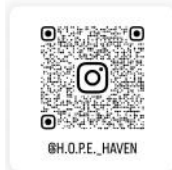
**Make an online donation:** <https://hopelifeline.org/donate-online/>

**Email:** [barb@hopeforcancerfamilies.org](mailto:barb@hopeforcancerfamilies.org) and/or [assistant@hopeforcancerfamilies.org](mailto:assistant@hopeforcancerfamilies.org)

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

(Help for Oncology Problems & Emotional Support)

**Follow us on Instagram:**



**Follow us on LinkedIn:**



*“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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