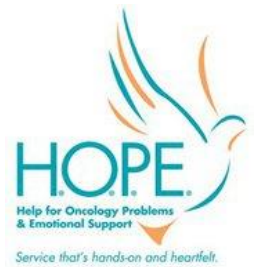


SEPTEMBER

2020

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

## H.O.P.E. Holiday Craft & Vendor Show

Shop with H.O.P.E. for a Cause

Saturday, October 17  
New Freedom Community  
Building 150 E. Main Street  
8:30 a.m.—2 p.m.  
Crafters and Vendors with  
Many Holiday Gift Ideas  
Chinese Auction—Raffle

Admission—2 cans of food for  
our Food Pantry Or a Donation to  
H.O.P.E.

## Rally For H.O.P.E.—Two Road Rallies

Ride With the Twin Rose Lady  
Bikers

Sunday, September 13  
57 Scenic Miles through



H.O.P.E.'s First Annual Road  
Rally

Sunday, October 4  
Six Stops—Alpacas to Vineyards  
with Ice Cream and History too.

See Editor's Desk on page 2 for  
more details about both events.

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 Meeting

Date: Wednesday, September 9  
Time: 7:00 p.m.  
Location: H.O.P.E. Haven  
Speaker: All of Us!  
Topic: Sharing of Ups and Downs

### INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Lots of Updates	Pg. 2
Angel Corner	Pg. 2
Prostate Cancer and Screening	Pg. 3
Smart Phone Apps	Pg. 4
Raffle items	Pg. 5
Craft and Vendor Show	Pg. 5

## FROM THE EDITOR'S DESK

As we enter our third calendar season of Covid-19, we see the situation here at H.O.P.E. improving and not. The latter is due to our lack of revenue from the cancellation of four major fundraisers. Thank goodness for our Four Amigos and their firewood service and for our friends who are donating trees from their own property to supplement our woods, as well as so many who are helping keep our pantry stocked.

But... our golfers played golf Saturday, August 22, at our annual **Take a Swing at Cancer Golf Tournament**. One hundred thirty two golfers to be precise. We had more sponsors than ever before and amazing prizes donated by our loyal friends. Great care was taken to make sure all health precautions were enforced: everyone wore masks, and when they were together safe distance was maintained. And a wonderful time was had by all. In fact, seven teams signed up too late and were put on a waiting list in case anyone withdrew. So make sure if you're interested next year you get your reservation in early.

This month we're featuring two opportunities to have fun and help H.O.P.E. The Twin Rose Lady Riders are sponsoring their **25th Annual Ride For Hope** on Sunday, September 13, to benefit our cancer patients and their families. Registration is a mere \$15 for a great day of riding or driving. All entrants—2, 3, or 4 wheels—will enjoy a self-guided 75-mile scenic route through York County. The day begins at 9 a.m. at the York Motorcycle Club on 2333 Whiteford Road, next to the Galleria. Silent auction, door prizes, and food trucks are some of the other highlights. The following Saturday you can drop by the **Markets of Shrewsbury** to browse the vendors who are donating part of their proceeds to H.O.P.E. Next month, on Sunday, October 4, is the date for our **First Annual Road Rally**. Departure/return point is still to be determined. Participants will return to food trucks and prizes. See our website and facebook page (or call the office) mid-month for more information. Registration is \$20 per car, truck or motorcycle on the day of the rally. Another October event is still on for Saturday, October 17, the **Craft and Vendor Show**. Vendors will be appropriately distanced and all people will be required to wear a mask. See ad on page 5 for more details.

The Haven took another step in July when **Father Cap and Deacon Mike Solomon** came and performed a blessing with five in attendance. When H.O.P.E. is able to open our doors next spring we plan to have a larger group for another blessing. Father Cap also blessed Barb so that she could continue her calling as the heart and soul of H.O.P.E.

Our doors are opening a tiny bit. For patients who wish to be fitted for a wig we are providing that service again. As ever, call the office to make an appointment. Unfortunately we still cannot provide transportation and aren't sure when we can renew that service. Many of our patients have been impacted by this and are coping best they can. Our patients are getting treatments once more and some are lucky enough to get in facilities where

*(continued on page 4)*

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

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



I would like to take the time and thank the golf committee-Ray Hasener, the Hook Family, Andy Bobby and Ed Titanish for an awesome job this year in arranging the golf tournament. I need to thank all our sponsors (W. Dale Brougner Foundation, A Child's Place, Winter's Performance, Gorges & Co., CS Dillinger, Occupational & Hand Specialist, PMA, OG3 in Memory of Ken Martin, Powerhouse Generators, Todd & Holly Miller, Ruth Duncan, Peggy & Mike Cornbrooks, James & Patricia Hook, and Alice Simmons) and players for their support this year. We had the most players ever! In this crazy world

we live in right now it is wonderful to know that there are still people who give of their selves and people who want to help others. All of our other events had to be cancelled and so we had to depend on this fundraiser to help us raise enough money to restock our food pantry and provide gift cards for our families to get gas to go back and forth to their treatments and their doctor appointments.

~Thank you all!



*“Hope lifts up those who are filled with sorrow and carries them to a place of peace.”*

- Unknown

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!

## Prostate Cancer Basic Information and Diagnosis Updates

Prostate cancer is the most common non-skin cancer in America. One out of every nine men will be diagnosed with prostate cancer in his lifetime. Unfortunately, there usually aren't any early warning signs for this cancer. In rare cases, such symptoms might be cause for a man to contact his doctor for an evaluation:

- A need to urinate frequently, especially at night
- Difficulty starting or holding back urination
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in the urine or semen
- Pressure in or pain in the rectum
- Pain or stiffness in the lower back, hips pelvis, or thighs

There could be other causes for the above, and in fact, Prostatitis, or BPH (Benign Prostatic Hypertrophy, also known as enlargement of the prostate), are benign, more common diseases and can cause similar symptoms.

### Screening

The debate continues over when and whether to routinely screen. This is partly because of the uniquely slow-moving nature of most cases of prostate cancer. The PSA (prostate-specific antigen) test was introduced in 1994 and the death rate from prostate cancer has dropped by more than half since its approval by the FDA. However, in many men identified as having prostate cancer following PSA screening, the disease is neither aggressive nor likely to kill them before something else does. In fact, a previously unknown prostate cancer is found at autopsy in men 70 or older who died from some other cause. When a biopsy after an elevated PSA reveals cancer it can provoke considerable anxiety, and some men may choose to undergo unnecessary treatment that can cause impotence, incontinence, or both.

In May 2018 the United States Preventive Services Task Force concluded that for men aged 55 to 69, the decision to have a PSA test should be made jointly by patients and their doctors based on a man's preferences, values, and risk factors. But some prostate cancer cases present an immediate threat and need to be treated. When to start screening is generally based on individual risk. In men with no unusual prostate-related symptoms the following is recommended by the US Preventative Services Task Force as of 2017:

Age 40	If there is a family history	Ages 55-59	Discuss with doctor
Age 45	If African American	Over 70	Screening not recommended; discuss with doctor
Age 50	No family history and not African American		

### Active Surveillance

Not to be confused with 'watchful waiting,' active surveillance is not a do-nothing approach. Rather, patients are routinely monitored and referred for surgery or radiation therapy only if their cancer begins to grow or show molecular signs of aggression. Current estimates are that about half of men found to have prostate cancer could avoid radical treatment and its potential side effects if they were willing to live with having a cancer, albeit a seemingly benign one, in their bodies. These are men whose cancer is deemed, based on its biological characteristics, to be at a low risk of progressing to a potentially life-threatening state.

Only if periodic exams reveal that a man's cancer is shown to be progressing to a more aggressive state would more radical treatment be considered. For men who choose active surveillance, this generally affects about 5 percent annually for the first five to 10 years. (Watchful waiting, which involves little or no monitoring, is still sometimes suggested but mainly reserved for men with a limited life expectancy for other reasons or those whose health status makes surgery inadvisable.)

Even biopsies are becoming a thing of the past. Biomarkers are being developed that can be used as an initial test. At a meeting of the American Urological Association, European researchers described six proteins in the blood that can serve as biomarkers to identify men with an elevated PSA who can safely avoid a biopsy. Of 474 men in their study, 60 percent of the negative biopsies could have been avoided, they reported. Doctors also now can use an MRI first and perform a biopsy only if and when a potentially serious lesion is revealed. High-resolution ultrasound may even become a simpler and less expensive alternative to an MRI.



*“You only live once, but if you do it right once is enough.”*

- Mae West

## Make Your Smart Phone Smarter

The prospect of managing your treatment after a cancer diagnosis may feel overwhelming, but one potentially effective and efficient means of taking control may be sitting in your pocket: your smartphone. There are now a number of **mobile apps** designed to help cancer patients navigate their care and loop in doctors and family as well as friends.

The bonus: Using an app may well have a significant impact on your care. A study presented at the June 2017 meeting of the American Society of Clinical Oncology found that when patients undergoing cancer treatment used a tablet to report symptoms to healthcare providers in real time, they survived approximately five months longer than patients who didn't use a tablet.

### ***Cancer Net Mobile***

An app customizable for more than 120 types of cancer, Cancer Net Mobile has been updated recently to make entering data simpler and more useful — you can plot symptoms according to severity on an easy-to-read graph, for example. You can also write down questions for your doctor, as well as record answers, take photos of medicine labels, and save info for later. The app is available for Spanish-language users, too. *(Free on iTunes and Google Play)*

### ***Belong: Beating Cancer Together***

Through *Belong: Beating Cancer Together*, patients and families can ask questions directly of a team of leading oncologists, radiologists, nurses, and researchers; manage medical records and share them with their families and medical teams; and communicate with a wide support network of others dealing with similar diagnoses. *(Free on iTunes and Google Play)*

### ***Pocket Cancer Care Guide***

From the National Coalition for Cancer Survivorship, the *Pocket Cancer Care Guide* was designed for patients overwhelmed by their diagnosis — which means just about everyone. You can create lists of questions to ask your doctor, choosing from hundreds of queries organized in categories by diagnosis. You can also record and play back conversations with your doctors and link appointments to your calendar. *(Free on iTunes)*

### **From the Editor's Desk** *(continued from page 2)*

they are allowed to be accompanied by one person. This makes a huge difference. Clinical cancer trials are resuming slowly, and one of our patients is preparing to participate in one in Maryland. We regularly hear about successes and setbacks from our people through phone calls and emails. One concern we've heard lately is from patients who continue to wear masks everywhere and are receiving negative feedback from people who no longer take such precautions. Life during Covid doesn't get easier.

In our previous newsletter we reminded our readers that students would be returning to some type of school in August and September and they would need supplies. As usual, you came through. We were able to provide every child who needed supplies with a backpack filled with school stuff and gift cards. We even selected backpacks to match the age and gender of the recipient!

We hope to see you at the Road Rallies and at the Shrewsbury Markets. Please consult the website and facebook page, [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org), for event updates.

# January 2021 Calendar Raffle for Charity

Donation \$20 per ticket ~ SGC # 15629

Winning No. Based on PA Evening Daily Straight – 3 Digit

01/01/2021	Coach Bag valued at \$275
01/02/2021	Amazon Gift Card valued at \$75
01/03/2021	Chick-Fil-La Gift Card valued at \$50
01/04/2021	TJ Maxx Gift Card valued at \$50
01/05/2021	Kohl's Gift Card valued at \$50
01/06/2021	KitchenAid Multi Cooker valued at \$349
01/07/2021	Texas Road House Gift Card valued at \$50
01/08/2021	Old Navy/Gap Gift Card valued at \$50
01/09/2021	Under Armor Gift Card valued at \$50
01/10/2021	Kohl's Gift Card valued at \$50
01/11/2021	Bath and Body Works Gift Basket w/\$20 Gift Card valued at \$56
01/12/2021	Coach Bag valued at \$275
01/13/2021	Cabela's Gift Card valued at \$75
01/14/2021	Kohl's Gift Card valued at \$50
01/15/2021	Applebee's Gift Card valued at \$50
01/16/2021	Texas Road House Gift Card valued at \$100
01/17/2021	Longhorn Restaurant Gift Card valued at \$50
01/18/2021	Home Depot Gift Card valued at \$75
01/19/2021	Yeti Cooler valued at \$200
01/20/2021	Mt. Airy Junction Gift Certificate valued at \$50
01/21/2021	Olive Garden Gift Card valued at \$50
01/22/2021	Cracker Barrel Gift Card valued at \$75
01/23/2021	Lowe's Gift Card valued at \$75
01/24/2021	Texas Road House Gift Card valued at \$50
01/25/2021	Sam's Club/Walmart Gift Card valued at \$100
01/26/2021	Visa Card valued at \$50
01/27/2021	Cheesecake Factory Gift Card valued at \$50
01/28/2021	Texas Road House Gift Card valued at \$50
01/29/2021	Visa Card valued at \$50
01/30/2021	Target Gift Card valued at \$100
01/31/2021	2 Night Stay-Plim Plaza Hotel Ocean City, MD, with \$100 Gift Certificate to the Pool Bar and 2 Rounds of Miniature Golf total value of \$500



**WINNERS WILL BE NOTIFIED BY PHONE  
ALL PROCEEDS WILL BENEFIT H.O.P.E.**



## H.O.P.E. Holiday Craft & Vendor Show

Shop with H.O.P.E. for a Cause

Saturday, October 17

New Freedom Community Building

150 E. Main Street

8:30 a.m.—2 p.m.

Crafters and Vendors with many Holiday Gift Ideas

Chinese Auction—Raffle

Delicious food and beverages provided by food trucks



**ONE FULL CORD  
OF WOOD**

*Cut, Split and Delivered*  
(within 25 miles of Stewartstown)

**\$175.00**



Help support H.O.P.E.  
purchase a cord of wood  
call 717-244-2174

## Upcoming Events

H.O.P.E.'s Support Group Meeting  
2<sup>nd</sup> Wednesday of every month at 7pm

The Hope Haven Office

13275 Blymire Hollow Road, Stewartstown, PA

Everyone is Welcome!

(Cancer patients, care givers, families and friends)

For more information

Call 717-244-2174



*"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."*

Visit Us on the Web  
[www.hopelifeline.org](http://www.hopelifeline.org)  
<http://www.hopeforcancerfamilies.org>  
"Like" Us on Facebook:

RETURN SERVICE REQUESTED

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