



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)



Multi-Family Yard Sale

Fri, July 9 & Sat, July 10

8 a.m.—2 p.m.

16580 Green Valley Court
Stewartstown 17373

Furniture, grills, shop vacs,
books, DVDs, audio equip-
ment, and much more!

It's Road Rally Time!

Enjoy a scenic drive through
Harford County, Maryland, on
Sunday, August 1.

Register 10:30 - noon
at the Norrisville VFD,
2134 Harkins Road,
Pylesville, MD

\$20 per vehicle.
Cars, trucks, and motorcycles
are welcome!

Animals, ice cream, history,
and more!



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 Meeting

Date: Wednesday, July 14

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

Topic: Everything

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FROM THE EDITOR'S DESK

The "C word" has always stood for cancer. This past year another "C word" entered our vocabulary, one that has carried comparable dread. Most recently we're hearing a third "C word" on a regular basis, but this one hasn't inspired fear. If you live anywhere near oak trees in Maryland, Pennsylvania, Delaware, D.C., New York, Virginia, and nine other states, you have no doubt heard and seen the 'brood X' cicadas, with their translucent wings and beady red eyes. They've been a wonderful and for the most part harmless diversion, unless you were part of the press corps whose plane was grounded for seven hours by a swarm of the little creatures. Soon this "C word" will disappear from our notice and we can focus our full attention on getting back to more normal lives.



“Again and again, the cicada's untiring cry pierces the sultry summer air like a needle at work on thick cotton cloth.”

- Yukio Misima

And we can say with happiness that H.O.P.E. is back in business. In fact, we're making up for lost time. If you've been paying attention to the calendar of events on page 5 (and hopefully you're making room in your own calendar to attend them) you've seen that four of our favorite events are coming up soon. One of them, the Voices for Hope banquet, was moved from its typical time in May to September this year. Next month is our annual golf tournament, on Saturday, August 21; in October you can enjoy pit beef and other typical food at our annual bull roast; and the following month is everyone's favorite—bingo. Interspersed between those are several other events that are listed on page. 5. By the end of November, Barb and Carol will be ready to hibernate!

Speaking of November, we'll be selling firewood once more. Our lumberjacks have had a bit of a rest and are ready to begin chopping, splitting, stacking, and delivering again. We'll keep you posted. Our front walkway isn't quite completed and several other walkways to go, which means you can still buy a brick to commemorate a loved one. Call the office for more details or visit <https://hopelife.org/buyabrick/>. You may recall in a recent newsletter we mentioned our Rada Cutlery fundraiser. These quality utensils have a lifetime guarantee and are made in America. You can find the catalogue on our facebook page at facebook.com/HOPE-Help-for-Oncology-Problems-Emotional-Support-122924154396789/ or on our website hopelife.org/rada-cutlery/.

As our climate heats up with regular record-breaking temperatures, it's even more important than ever to protect ourselves from sun exposure. On pages 3 and 5 we have information about skin cancer and how you can prevent it. Sunlight can be insidious and we must be vigilant. July is also sarcoma awareness month. Also known as bone cancer, sarcoma does not affect as many people as other cancers, but it can still be deadly depending on its stage. Since little is known about its causes or how to prevent it, it is important to know its symptoms and other characteristics.

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

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



I was privileged to spend two days with the ladies attending MAWMR (Mid-Atlantic Women's Motorcycle Rally). Over two hundred and fifty ladies who live by this statement, *"Believe in yourself—You can do anything!"* They rode their motorcycles from all over the East Coast and beyond. The speaker, Donna Weigle, was given a year to live and decided to ride across country, on her Teal Harley, making women aware of the symptoms of Ovarian Cancer. I had the honor of talking to so many ladies on their cancer journey. I was able to hug old friends who I only see at this event. We were brought to tears many times but then we were able to laugh and carry on. Besides riding and having fun they raise over \$4,000 for HOPE. What a privilege it is to spend time with this wonderful group of ladies, who believe they can do ANYTHING! ❤️

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!

Summer Fun Done Safely



Cancer develops when cells grow out of control. Skin cancer is the most frequently diagnosed type of cancer. Estimates suggest that more than three million people are diagnosed with skin cancer each year in the United States, and it is estimated that one in five Americans will develop it during their lifetime.

There are three main types of skin cancer: **basal cell**, **squamous cell**, and **melanoma**. The first two are the most common and are usually treatable. Melanoma is less common but more likely to spread and become life threatening. Basal and squamous cell skin cancers typically develop in areas exposed to the sun, but they can also occur elsewhere. Squamous cells make up the upper layer of the skin, or epidermis, while basal cells are found further down. As cancer progresses, it may involve the underlying deep layer of the skin, or dermis. Melanoma affects melanocytes, or pigment-producing cells in the skin.

Exposure to ultraviolet radiation (UV rays), both natural (from the sun) and artificial (tanning beds, gel manicure lamps, welding torches), causes most skin cancers. There are three types of UV rays:

- **UVA rays.** They have the least energy among the three. These rays cause skin cells to age and can cause some indirect damage to cells' DNA. UVA rays are mainly linked to long-term skin damage such as wrinkles, but they are also thought to play a role in some skin cancers.
- **UVB rays.** These have slightly more energy than UVA rays. They can damage the DNA in skin cells directly, and are the main rays that cause sunburn. They are also thought to cause most skin cancers.
- **UVC rays.** These have more energy than the other types of UV rays. Fortunately, because of this, they react with ozone high in our atmosphere and don't reach the ground, so they are not normally a risk factor for skin cancer. But UVC rays can also come from some man-made sources, such as arc welding torches, mercury lamps, and UV sanitizing bulbs used to kill bacteria and other germs.

A Few Words About Sunlight

Sunlight is an inflammatory reaction to UV radiation damage to the skin's outermost layers. At the heart of it all is melanin, a pigment that gives your skin its color and defends it against the sun's rays. Melanin works by darkening your unprotected sun-exposed skin. The amount of melanin you produce is determined by genetics, which is why some people get sunburned while others tan. Both are signs of cellular damage to the skin. For people with less melanin, prolonged unprotected sun exposure can cause skin cells to become red, swollen, and painful. (Sunburn.)

Sunlight is the main source of UV radiation, even though UV rays make up only a small portion of the sun's rays. Different types of UV rays reach the ground in different amounts. About 95% of the UV rays from the sun that reach the ground are UVA rays, with the remaining 5% being UVB rays. UV rays are strongest between 10 am. and 4 pm. They're stronger during spring and summer months. Even on a cloudy day the rays can get through. They also bounce off surfaces like water, sand, snow, pavement, or even grass, leading to an increase in exposure.

Warnings:

Repeated sunburns raise your risk. For fair-skinned people, especially those with genetic predisposition, sunburn plays a clear role in developing melanoma. Research shows that UV rays that damage skin can also alter a tumor-suppressing gene, giving injured-cells less chance to repair before progressing to cancer.

- People who work or play sports outdoors have a greater risk of frequent sunburns that can result in skin cancer.
- Even one blistering sunburn in childhood or adolescence more than doubles your chance of developing melanoma later in life.
- Skin damage builds up over time, starting with your very first sunburn.
- Five or more sunburns more than doubles your risk of developing potentially deadly melanoma.

[Continued on page 5]

A Lesser-Known But No Less Serious Cancer

July is also sarcoma awareness month. Sarcomas are cancers that begin in the bones and soft tissues. Primary bone cancers (osteosarcoma) are very rare, with around 3,500 new cases diagnosed annually. Soft tissue sarcomas (chondrosarcoma) are more common, with about 12,750 new diagnoses annually.

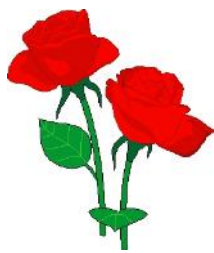
Several different kinds of tumors can grow in bones: primary bone tumors, which form from bone tissue and can be malignant (cancerous) or benign (not cancerous), and metastatic tumors (tumors that develop from cancer cells that formed elsewhere in the body and then spread to the bone). Malignant primary bone tumors are less common than benign primary bone tumors. Both types may grow and compress healthy bone tissue, but benign tumors usually do not spread or destroy bone tissue and are rarely a threat to life.

Osteosarcoma arises from bone-forming cells called osteoblasts in osteoid tissue (immature bone tissue). This tumor typically occurs in the arm near the shoulder and in the leg near the knee in children, adolescents, and young adults but can occur in any bone, especially in older adults. It often grows quickly and spreads to other parts of the body, including the lungs. Risks of osteosarcoma is highest among children and adolescents ages 10 to 30. Males are more likely than females to develop osteosarcoma.

Chondrosarcoma begins in cartilaginous tissue. Cartilage is a type of connective tissue that covers the ends of bones and lines the joints. Chondrosarcoma most often forms in the pelvis, upper leg, and shoulder and usually grows slowly, although sometimes it can grow quickly and spread to other parts of the body. It occurs mainly in adults over 40 and the risk increases with advancing age, with men and women getting it at an equal rate.

Ewing sarcoma usually arises in bone but may also rarely arise in soft tissue. Ewing sarcomas typically form in the pelvis, legs, or ribs, but can form in any bone. This tumor often grows quickly and spreads to other parts of the body, including the lungs. The risk of Ewing sarcoma is highest in children and adolescents younger than 19 years of age, and boys are more likely to develop it than girls. It is rare in adults older than 30.

Pain is the most common symptom of bone cancer, but not all bone cancers cause pain. Other symptoms of bone cancer include a lump in the arms, legs, chest, or pelvis; unexplained fever; and a bone that breaks for no known reason. Although bone cancer does not have a clearly defined cause, researchers have identified several factors that increase the likelihood of developing these tumors, including previous cancer treatment with radiation, chemotherapy, or stem cell transplantation, and certain inherited conditions.



*“There shall
be eternal
summer in
the grateful
heart.”*

- Celia Thaxter

Did You Know...

- *That H.O.P.E. was started in 1994 by two friends, Jeanette Cartwright and Barb Titanish? Even back then the dream was to build a Vacation From Cancer Retreat.*
- *That H.O.P.E. has helped thousands of patients over these 27 years?*
- *That H.O.P.E. provides hats, wigs, and scarves at no cost to our patients?*
- *That H.O.P.E. has a fully stocked food pantry for patients who can make appointments to visit once a month?*
- *That H.O.P.E. works with cancer patients of all ages? The youngest patient we are currently working with is 18 months old. Not long ago they used to say that every two minutes a child is diagnosed with cancer; now it is every 99 seconds. Cancer is the leading cause of death among children.*
- *That H.O.P.E. has awarded over \$80,000 in high school scholarships in Jeanette's name?*
- *That H.O.P.E. receives no funding from the American Cancer Society or any other state or national organization? H.O.P.E. is a stand-alone agency depending on our fundraisers and the kindness of others.*
- *That without the kindness of two of H.O.P.E.'s friends who left us their estates, we would not have survived through Covid?*

Summer Fun Done Safely

[Continued from page 3]

It Bears Repeating

Know Your Sunscreen

Despite the rise in all types of skin cancers over the past several decades, these cancers are preventable with proper precautions. Regular daily use of an SPF (sun protection factor) 15 or higher sunscreen reduces the risk of developing squamous cell carcinoma by about 40 percent and reduces the risk of developing melanoma by 50 percent. An SPF 15 product, used as directed, protects the skin 15 times longer than if there were no sunscreen. A ‘broad spectrum’ sunscreen product means it contains ingredients that effectively protect against UVA rays as well as UVB. Water resistant sunscreens are good for between 40 and 80 minutes before reapplication is required.

Protect the Littlest Ones

When babies are brand new, they’re much more sensitive to sun exposure than adults and older children. Their skin contains little melanin, the pigment that gives color to skin, hair and eyes and provides some sun protection. You may be tempted to reach for the sunscreen, but The Skin Cancer Foundation recommends waiting until baby is 6 months old before introducing sunscreen. The best ways to keep infants sun safe is with shade and clothing. Make sure the stroller has a sunshade. Hats and sunglasses make adorable photos.

No matter what, *never* allow a baby to get a sunburn. In infants, sunburns can be a medical emergency, with the potential to cause fever, dehydration, blisters and chills.

Look Out For Windows

While glass blocks UVB rays pretty well, it allows UVA ray to pass through. This is true of your windows at home as well as on the road. Car windshields are treated to shield drivers from most UVA rays, but side, back, and sunroof windows usually are not. The windows on airplanes, trains, and buses also allow UVA ray to pass through. That’s why airline pilots, crew members, and even frequent travelers may get more skin cancers than other people.

Say No to Tanning Beds

Indoor tanning (even one time) raises the risk of all kinds of skin cancer, including melanoma. In fact, using a tanning bed before age 35 increases your risk of melanoma by 75 percent.

Be Proactive

The Skin Cancer Foundation recommends that all adults do monthly skin self-exams and see a dermatologist annually, or more frequently if they see something suspicious or have risk factors.

Add These Evens to Your Summer (and Fall) Calendar!

H.O.P.E. Multi-Family Yard Sale 16580 Green Valley Court Stewartstown 17373	Fri, July 9 & Sat, July 10 8 a.m.— 2 p.m.	Stay Wild - Life in the Outdoors Festival and H.O.P.E.’s Country Fair Hopewell Fish and Game Association	Saturday, Sept. 25
Golf Tournament Hickory Heights Golf Course	Saturday, August 21	Shrimp & Bull Roast Jarrettsville Gardens (our usual spot)	Saturday, Oct. 16
Twin Rose Lady Riders Ride for H.O.P.E. York Motorcycle Club (Any vehicles are invited to participate.)	Sunday, September 12 Begins 10 a.m.	Fall Basket Bingo New Freedom Community Center	Sunday, Nov. 7
Voices for Hope Banquet Out Door Country Club	Thursday, September 16 5:30—9 p.m.	More details about every event will be included in future newsletters.	

H.O.P.E.'S
NEW ADDRESS

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Phone: 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."

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