



2022

H.O.P.E. LIFELINE



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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 Mtg.
Annual Meeting and High School Senior Scholarship Presentation. Regular support group will return in June.


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)

**16th Annual
Voices for Hope
Benefit Banquet**
Thursday, May 5, 2022
5:30—9:30 p.m.
Out Door Country Club
**Tickets \$80.00 per person
(Table of 8, \$560 by April 20)**
**Features a Reception, Silent
Auction, Dinner, and
Presentation**

**For tickets,
call 717-993-3778**


Saturday, June 11
12025 Susquehanna Trail
**Fresh produce, meat,
Amish bakery, gift shops,
and special guest
vendors.**
**Make sure you stop by
the H.O.P.E. booth!**

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

As the weather heats up so does life at H.O.P.E. Our most exciting event(s) will be the opening of the **Haven** to visitors and families. We'll be opening our doors to thank many of the special people who have been part of our dream for over 20 years. That has been a lot of wonderful people! In June we'll do a couple 'trial run' weekends to see what works best for our guest families. By July we should be hosting families for their days-long 'escape from cancer.' More detail will be shared in future newsletters and on our website.

Not that we'll have much time in May to even think about all that, what with our back-to-back-to-back events. Thursday, May 5, as you know, is the **Voices for Hope Banquet**, where we'll honor **Daria Bernard** for all she has done over the past decade. You can 'meet' Daria on page 4 of this newsletter, but better yet meet her in person at the banquet. Our Voices guest speaker is **Leigh Hurst**, motivational speaker and author of "Say Something Big: Feel Your Boobies, Find Your Voice," a book about five different women and their journeys with breast cancer. Both of these Voices women are forces to be reckoned with.

The next day is another very important day for H.O.P.E. This is "**Give Local York**," Friday, May 6. You have 24 hours to donate to a variety of organizations, but of course H.O.P.E. will be your first choice. During these 24 hours (from midnight to midnight) companies and businesses are giving matching donations, so many pennies will be doubled over the course of the drive. Since donating from home won't require too much energy, you'll be ready to put on your dancing shoes Saturday night for a **benefit dance** at the Eureka Volunteer Fire Department. Doors open at 5 and the dance is from 6 to 10 pm., with music provided by the Doug Lester Band. The BYOB event will also feature food and soda sold by the Eureka Auxiliary, and tickets are only \$20.

The following Wednesday is a very special event for Barb: she gets to award **scholarships** to four outstanding high school students whose lives have been directly impacted by cancer. This year's winners are **Annabelle Biggins**, who attends Delone Catholic High School; **James Hook**, enrolled at the Pennsylvania Cyber Charter School; **Madison Hutchison**, from just down the road at Kennard-Dale High School; and **Will Pappas**, who attends Hereford Senior High School. It is with great pleasure we announce these four recipients and we invite their family and friends to be present when they receive their scholarships. Stay tuned for June's newsletter where you'll learn more about these remarkable kids.

Do you look back nostalgically on your senior prom? Did you somehow not get to attend a senior prom? Do you want to repeat that special moment? Whatever the reason, you can step back in time on Saturday, May 14, and attend an **'adult prom'** at the Wyndham Gardens in York. Enjoy dancing, food, drinks, a photo booth, and prom pictures in your formal attire. Tickets are \$95, and all proceeds go to H.O.P.E.

Everyone loves browsing the **Markets at Shrewsbury** on a leisurely Saturday. June 11 is the perfect day to not only check out the usual offerings but see what all the special booths are featuring. One of those booths will be H.O.P.E.'s, and among other items we'll be featuring quilting fabrics and kits and a variety of adorable collectors' Charming Tales mice.

May is **bladder cancer recognition month**, and on the next page is information on this disease that is diagnosed more frequently in men over the age of 65. Treatable when diagnosed early, it nevertheless takes its toll on the body and even the treatment can leave lasting negative effects. As with every other type of cancer, one of the most effective methods of prevention is not to smoke.

In last month's newsletter Barb thanked a handful of volunteers who regularly give their time to keep us up and running. As this is being typed three of those volunteers, better known as the Three Amigos, are working on wood. **Firewood**, that is. They've cleared a lot of the wood from the Haven's property (don't worry, there are acres of it left), and are currently working on wood that has been generously donated to us—about three cords' worth, in fact. All this is to say that, even though we're not even into summer yet, it's not too late to stock up on firewood for cold weather ahead. At \$200 a cord it's quite a deal these days!

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

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

Bingo! Bingo! Spring Bingo at H.O.P.E. this year was a very successful event and we had a record turnout! Many people said how wonderful it was to be together and to see smiles without masks. This fundraiser could not happen without Chris Waltmyer and Sis Markel who donate and put together the beautiful baskets. The work load is shared by our legion of volunteers and we could not man every station without them. We are grateful again to Tasteful Occasions for providing the yummy food. This year they had a group of freshmen from Susquehannock



High School work the food table and breakdown tables afterward. What a savings for our tired old backs? The baked goods which satisfied everyone's sweet tooth were graciously donated by many of the faithful friends of H.O.P.E. Special thanks to Rose Fire Company for providing the BINGO machine and our great callers—Terry Snook and his son-in-law, Terry. Our food pantry is well stocked thanks to all who brought goodies to share with our cancer families. It takes a village to run this event and as you can see every avenue was covered. From the bottom of my heart—thanks to all. You have earned your angel wings.

Bladder Cancer—Rare, But Deadly

The bladder is a hollow muscular organ in the lower abdomen that stores urine. Bladder cancer begins when healthy cells in the bladder lining – most commonly urothelial cells – change and grow out of control, forming a mass called a tumor. The type of bladder cancer depends on how the tumor’s cells look under a microscope. The three main types are:

- **Urothelial carcinoma**, which accounts for 90 percent of all bladder cancers. It begins in the urothelial cells found in the urinary tract. This is sometimes called transitional cell carcinoma or TCC.
- **Squamous cell carcinoma**, which accounts for about 4 percent of all bladder cancers. It develops in the bladder lining in response to irritation or inflammation, and over time the cells may become cancerous.
- **Adenocarcinoma**, which accounts for about 2 percent of all bladder cancers and develops from mucus-secreting glands in the bladder.

Bladder cancer is considered rare, with fewer than 200,000 cases diagnosed in the U.S. each year. It typically affects older adults and is usually diagnosed early, when it’s still treatable. Men are four times more likely than women to be diagnosed with the disease and white men are twice as likely to develop it as Black men. The general five-year survival rate is 77 percent.

People with bladder cancer may experience the following symptoms or signs. Sometimes people with bladder cancer do not have any of these changes. Or the cause of a symptom may be a different medical condition.

- Blood or blood clots in the urine
- Pain or burning sensation during urination
- Frequent urination
- Feeling the need to urinate many times throughout the night
- Feeling the need to urinate, but not being able to pass urine
- Lower back pain on one side of the body

Risk Factors and Prevention

- **Smoking.** Smokers are four to seven times more likely to develop bladder cancer than nonsmokers. When a person smokes the body processes the chemicals in the smoke and excretes some of them in urine. These harmful chemicals may damage the lining of the bladder.
- **Age.** Chances of diagnosis increase with age. More than 70 percent of people with bladder cancer are older than 65.
- **Gender.** Men are four times more likely to be diagnosed with bladder cancer but women are more likely to die from it. Women may experience delayed diagnosis.
- **Race.** White people are more than twice as likely to be diagnosed with bladder cancer but Black people are twice as likely to die from the disease.
- **Chemicals.** Included are arsenic, and chemicals used in the manufacture of dyes, rubber, leather, textiles, and paint products.
- **Chronic bladder problems.** Bladder stones and infections may increase the risk of bladder cancer. Chronic or repeated urinary infections or inflammations (cystitis), such as might happen with long-term use of a urinary catheter, may increase the risk of a squamous bladder cancer.
- **Personal history or family history of cancer.** People who have had bladder cancer once are more likely to develop it again. If a blood relative has had it, a parent sibling or child, there could be an increased risk but it’s rare for bladder cancer to run in families.

Although there’s no guaranteed way to prevent bladder cancer, people can take steps to help reduce the risk.

- Don’t smoke.
- Take caution around chemicals.
- Choose a variety of fruits and vegetables. This applies to all types of cancer. The antioxidants in fruits and vegetables may help reduce the risk.

[Diagnosis and treatment on next page]

Daria Bernard – Another Volunteer Extraordinaire

Every year, for the past 15 years (well, with one exception), H.O.P.E. has recognized at its Voices for Hope Banquet someone who has made a huge contribution to our mission. This year's honoree, Daria Bernard, has been helping H.O.P.E. 'behind the scenes' for more than a decade. Her sister, Board of Directors member (and former Chair, Vice Chair, and Secretary) Cheryl Schroeder, brought Daria into the H.O.P.E. family in 2011, in spite of the fact that Daria and her family live in Delaware.

It started with quilts. Daria donated her handmade quilts to raise money at various events and over the years has ended up donating over two dozen. That she delivers in person. In a van which is always packed with other items, from pantry supplies to clothes to books to backpack items to stocking stuffers. A recent near flood in her basement led her to organize its contents and give boxes of fabric to H.O.P.E., along with two sewing machines. When she gets reward points with her credit card she turns these into gift cards for H.O.P.E. that Barb shares with her cancer families. The day after Easter this year Daria made the rounds of stores to gather up all the plastic eggs and other Easter stuff she could find for next year, when she hopes to help with an Easter egg hunt at the Haven.

Daria is a fixture at Bingo, where she empties her van of canned goods and then helps the other volunteers with the event. This year she served as a runner, checking bingo cards and giving out door prizes. Over the years she has also attended numerous bull roasts, craft and vendor shows, Voices banquets, and other events. This year she is planning on returning less than a week after the banquet so that she can attend the scholarship presentation, where she will present a scholarship her family is sponsoring.

Back home in Delaware (a nearly two-hour drive away), Daria and her husband John are the proud parents of 12 ½-year-old twins. (Almost teenagers, she laughs.) Daria and John met at Cornell University when they were earning their PhD's in economics. John is a professor at the University of Delaware. Their children have been brought up understanding the importance of service to others, and know that if there's a drive or fundraiser at their school their mom will support it.

Cancer has struck Daria's family and has affected others she knows. Her husband even lost one of his students to cancer. H.O.P.E. is the perfect vehicle for her compassion and generosity. As she said, "I feel like the big organizations are too big and I don't know how much of my donation helps somebody. What are they doing to help the families? I see that H.O.P.E. is the right organization for me to be involved with because of its local support. When you see the direct impact on families, that's when you know what you are doing makes a difference."

This amazing woman has been making a huge difference for a very long time.

Bladder Cancer—Diagnosis and Treatment

The earlier bladder cancer is found, the better the chance for successful treatment and cure. However, there is not yet a test accurate enough to screen the general population, so most people are diagnosed with bladder cancer once they have symptoms. As a result, some people have more advanced disease when the cancer is found. Still, most people are usually diagnosed with noninvasive bladder cancer, which is a growth found on a small section of tissue and it easily removed.

Treatment options for bladder cancer depend on a number of factors, including type of cancer, grade of the cancer, and stage of the cancer, which are all taken into consideration along with the patient's overall health and treatment preferences.

Bladder cancer treatment may include:

- **Surgery**, to remove the cancer cells.
- **Chemotherapy in the bladder** (intravesical chemotherapy), to treat cancers that are confined to the lining of the bladder but have a high risk of recurrence or progression to a higher stage.
- **Chemotherapy for the whole body** (systemic chemotherapy), to increase the chance for a cure in a person having surgery to remove the bladder, or as a primary treatment when surgery isn't an option.
- **Radiation therapy**, to destroy cancer cells, often as a primary treatment when surgery isn't an option or isn't desired.
- **Immunotherapy**, to trigger the body's immune system to fight cancer cells, either in the bladder or throughout the body.
- **Targeted therapy**, to treat advanced cancer when other treatments haven't helped.

A combination of treatment approaches may be recommended by the doctor and team members.

Important Findings For Cancer Patients From the Covid Front

The USFDA (United States Food and Drug Administration) gave emergency use authorization to Evusheld for use in preventing Covid in individuals with weakened immune system who do not mount an effective immune response to vaccination. Evusheld is a long-acting monoclonal antibody developed by AstraZeneca that can stay active for months and should offer longer lasting protection compared to the other current monoclonal antibody treatments that are given to high-risk people already sick with Covid.

Thousands of individuals with compromised immune systems are at increased risk from Covid because they are unable to mount an effective immune response to vaccination against Sars-CoV2. Those at greatest risk are individuals with blood cancers, those on immunosuppressive cancer therapy, transplant recipients, and individuals with other immune mediated disorders.

Evusheld is a combination of two long-acting monoclonal antibodies and is the first and only antibody therapy authorized in the U.S. for Covid pre-exposure. Monoclonal antibodies are laboratory-made proteins that mimic the immune system's ability to fight off harmful pathogens such as viruses.

Evusheld is given via an intramuscular injection and has been shown to be strongly effective at preventing Covid in a clinical trial, reducing the risk of developing a symptomatic infection by 83 percent. The FDA approval is for individuals with blood cancer, transplant recipients, and people taking drugs that suppress their immune system.

Research published in February 2022 confirms that mRNA vaccines are just as safe for people with cancer as they are for cancer-free individuals. Researchers from Fox Chase Cancer Center in Philadelphia tracked short-term side effects from more than 1,753 recipients of the Pfizer vaccine and found no additional reactions for patients undergoing active cancer treatment (surgery, chemotherapy, immunotherapy, or radiation therapy) or who had completed treatment.

The results come from in-person, phone, and online surveys given to people who received two doses of the mRNA vaccine, three weeks apart, between February 16 and May 15, 2021. One thousand one hundred and 83 people with a history of cancer responded to both surveys, with 17.8 percent then currently undergoing treatment. Respondents experienced pain at the injection site, muscle pain, joint pain, fever, chills, headache, nausea, and/or fatigue at similar rates as those reported by people without cancer.

Cancer and its treatment is enough to have to endure without having to worry about other health risks. Vaccinations, boosters, and now Evusheld are all excellent means of protection for those who are immune-compromised.

Coming Soon....!

Voices for Hope

Thursday, May 5. Out Door Country Club. Doors open at 5:30, dinner and program at 6:30. Tickets \$80. Great food, great company, very special event. Deadline is April 15th for tickets.

Give Local York

Friday, May 6. <https://www.givelocalyork.org/>. Your donation goes to helping give cancer patients a vacation.

Benefit Dance

Saturday, May 7, Eureka Volunteer Fire Co. 6 pm—10 pm. Doors open at 5. Music by the Doug Lester Band. Tickets \$20. Food and soda sales by Eureka Auxiliary, BYOB.

Annual Meeting and Scholarship Awards

Wednesday, May 11, at Hope Haven. Meeting begins at 7 pm. Refreshments are free!

Adult Prom

Saturday, May 14, Wyndham Gardens, York.

Ride For H.O.P.E.

Sunday, May 22. Twin Rose Charity Run, 10 am—1:30 pm. Self-guided poker run starts and ends at York Motorcycle Club. \$15 per person.

Markets at Shrewsbury Booth

Saturday, June 11, The Markets at Shrewsbury, Susquehanna Trail.

H.O.P.E. Golf Tournament

Saturday, August 20, Hickory Heights Golf Course.

Craft and Vendor Show

Saturday, October 15, New Freedom Community Center.

No time like the present to stock up for the future.
(Cold weather will be here sooner than we think!)

Once again we offer seasoned, good firewood for only \$200 a cord; free delivery within a 25-mile radius.



Visit Us on the Web
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<http://www.hopelifeline.org>
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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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Shrewsbury, PA 17361

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