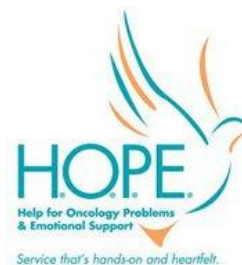


# H.O.P.E. LIFELINE



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P.O. Box 175  
Shrewsbury, PA 17361

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 with offices on the second floor of the New Freedom Community Center at  
150 East Main Street, New Freedom, PA 17349

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) 227-2824

## It's a Music Fest!

Sunday, July 23, at  
Pond View Farm

Jolly Acres Road,  
Norrisville, MD

1-6 p.m.

Kittyback, Foggy Hollow,  
and Other Bands

Music, Games of  
Chance, Food, Fun,

Tickets (Ages 16+)  
\$20

Call 717-227-2824

## Take a Swing at Cancer!

9th Annual Golf Classic  
Tournament

Saturday, August 19

Hickory Heights Golf  
Course

Spring Grove, PA

Continental Breakfast,  
Lunch, Lots of Prizes

Hole-In-One on #17 Wins  
\$5,000 for you/\$5,000  
for H.O.P.E.

Call 717-227-2824 for  
information

## Support Group Meeting

Date: Wednesday, July 12  
Time: 7:00 p.m.  
Location: H.O.P.E. Serenity Room  
Speaker: Alexis Gingrich, Bereavement  
Counselor  
Topic: Grane Hospice Care Services

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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 717-227-2824.

## FROM THE EDITOR'S DESK

Summer is for kids. Days are long and the weather is perfect for hours of fun. Children find countless ways to entertain themselves, and their parents' main concerns are keeping up with their whereabouts and reapplying sunscreen.

But for some families these carefree days are far away. These are the families of pediatric cancer patients. Here are some stunning statistics.

- Did you know that every two minutes a child somewhere in the world is diagnosed with cancer, and that it is the number one disease killer of children in the U.S?
- Did you know that 8,210 U.S. children will be diagnosed with cancer in a one-week time frame?
- Did you know that one in five children diagnosed with cancer in the U.S. will not survive?
- And even for the 80% who do, by the time they're in their 30s and 40s more than 95% of these survivors will have a chronic health problem and 80% will have severe or life-threatening conditions?

H.O.P.E. has accompanied hundreds of children and their families through their cancer journeys, and these kids, some as young as a few months old, are Barb's toughest patients. Although September is officially childhood cancer month, we're talking about it this month. Not only for its importance in kids' pantheon of fun, but because this month a very important piece of legislation may come up for a vote in Congress. This is the RACE (Research to Accelerate Cures and Equity) for Children Act, which could dramatically increase pediatric oncologists' access to novel and promising new cancer therapies. See pages 3 and 4 for more information about this subject.



*“Some of the best memories are made in flip flops.”*

- Kellie Elmore

## ON A POSITIVE NOTE

Maybe you've heard of Alex's Lemonade Stand. It was started in 2000 by a little girl named Alex who had been diagnosed with childhood cancer just before her first birthday. When she was four she told her parents she wanted to set up a lemonade stand in their front yard to raise money for cancer. With the help of her older brother, the two raised \$2,000 that first summer.

In 2004, when Alex was eight, she appeared on “The Oprah Winfrey” show and in the process of explaining her story to Oprah mentioned that she used Country Time Lemonade, much to the audience's delight. Alex passed away two months after that show aired, and the following year her parents established the Alex's Lemonade Stand Foundation, which to date has raised over \$140 million and funded nearly 700 research projects all across the country for childhood cancer. And when the Country Time people learned of Alex's inadvertent endorsement they reached out to help, with yearly donations that have reached almost a million dollars. You can even find a little Alex's Lemonade Stand symbol and a blurb about it on the back of a can of their lemonade.

As Alex's mother said in an interview, “We've been so fortunate to see how many wonderful people there are in the world and how many people are willing to help...It's really changed my whole perspective on life. I couldn't have asked for anything more positive to come from something no parent wants to go through.”

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

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



Front Royal, Virginia, was the site of the 25th Mid-Atlantic Women's Motorcycle Rally, an event that has become near and dear to Barb's heart. These lady bikers have raised thousands of dollars for H.O.P.E. and over the years have made Barb part of their family. The three-day event, which took place on scenic Skyline Drive, included daily motorcycle excursions, tubing, zip-lining, and games galore, and culminated in a parade of 225 motorcycles through the town( Barb rode in the lead in a jeep). Two hundred fifty exuberant ladies attended and helped raise almost \$5,000 for H.O.P.E.

Among the speakers was a young woman who is in Ripley's Believe It Or Not for having ridden the most miles solo across the U.S. and Canada. Part of this inspirational woman's motivation is educating people about our state parks, and to that end she has already visited every one in her young life (she's not yet 30). Barb left the event richer for the money and joy it provided. These ladies earn enormous Angel Wings throughout the year.

*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!*

## Pediatric Cancer Hits the Smallest and For All It's the Hardest

We all know that children are not merely miniature adults. This holds true especially in the diseases they can get. Pediatric cancers are very different from adult cancers.

- To begin with, cancer in children can be hard to recognize right away because early symptoms are often like those caused by much more common illnesses or injuries. In 80% of cases, the cancer has already spread to other areas of the body by the time it is diagnosed.
- Many times the cause of a childhood cancer is not known, whereas with adults the cancer is often linked to lifestyle choices including diet and smoking.
- When an adult gets cancer, it's likely to start in the lungs, breast, colon, prostate, or skin. When a kid gets cancer it may be in the white blood cells or the nervous system, in the brain or bones, in the lymphatic system, muscles, or kidneys.
- Treatments are different due to the child's age and physical development as well as potential long-range effects from certain types of treatment.
- Finally, it is hard to study childhood cancer because it is comparatively rare, making up less than one percent of all cancers diagnosed each year.

There are over a dozen types of childhood cancer and hundreds of different subtypes, but the major types of cancers in children ages 0 to 14 years are leukemia, brain, and other central nervous system tumors, and neuroblastoma, which according to the National Cancer Institute, is predicted to account for more than half of new cases in 2017.

The most common types of **leukemia** in children are acute lymphocytic leukemia (ALL) and acute myelogenous leukemia (AML). This is cancer of the blood cells where new white blood cells fail to mature properly and continue to reproduce at a rapid rate, crowding out healthy cells and producing a host of symptoms. These can include bone and joint pain, fatigue, weakness, pale skin, bleeding or bruising, frequent infections, swelling of the lymph nodes, fever, weight loss, and anemia. Acute leukemias can grow quickly, so they need to be treated (typically with chemotherapy) as soon as they are found.

Most **brain tumors** in children start in the lower parts of the brain, such as the cerebellum or brain stem. They can cause headaches, nausea, vomiting, blurred or double vision, dizziness, seizures, trouble walking or handling objects, and other symptoms depending on the location of the tumor. Most childhood brain tumors are diagnosed and removed in surgery.

**Neuroblastoma** forms from immature nerve cells. It usually begins in the adrenal glands which are found on top of the kidneys. The most common type of cancer in infants, it is a tumor that sometimes forms before a child is born and can metastasize to other parts of the body. When it is found early and treated the chance of recovery is good. Symptoms may include irritability, tiredness, loss of appetite, and fever. In young children neuroblastoma is often discovered when a parent or doctor feels an unusual lump or mass somewhere in the child's body – most often in the abdomen, though tumors can also appear in the neck, chest, and elsewhere.

It must be stressed that unlike adult cancers, for example lung cancer, childhood cancers have no known causes. A few environmental factors, such as radiation exposure, have been linked with some types, and studies have suggested that some parental exposures (such as smoking) might increase a child's risk of certain cancers, but more studies are needed to explore these possible links. In recent years, scientists have begun to understand how certain changes in the DNA inside our cells can cause them to become cancer cells. DNA is the chemical that makes up our genes, which control nearly everything our cells do. Some children inherit DNA changes (mutations) from a parent that increase their risk of certain types of cancer. But most childhood cancers are not caused by inherited DNA changes. They are the result of DNA changes that happen early in the child's life, sometimes even before birth.

A couple random statistics to leave you with:

- There are 71 potential life years lost on average when a child dies of cancer compared to 17 potential life years lost for adults.
- Because of the treatments they had as kids, by the time they're in their 30s or 40s, more than 95% of childhood cancer survivors will have a chronic health problem and 80% will have severe or life-threatening conditions.

But, let's end on a positive note. The results of a recent study funded by the National Cancer Institute reveal that changes in how childhood cancer is treated have led to reduced risks of serious, long-term health effects due to cancer therapy.

If you aren't able to make it to a blood drive, Wellspan invites you to visit the blood donor center.

Apple Hill Medical Center, 25 Monument Rd., Suite 198, York, 17403

Please call 717-741-8307 Monday through Friday to schedule an appointment.



## A RACE We Must Win For Our Kids

If children are our most precious resource, our hope for tomorrow, why don't we treat them as such when it comes to disease? Whereas hundreds of drugs have been developed for adults with cancer, fewer than 10 exist for children. Only three new ones have been developed since 1980. Children are not miniature adults; their diseases are different and obviously treatments need to be tailored to them.

There's an opportunity to begin to change this inequity through a new piece of congressional legislation which will come up for a vote in the U.S. Senate possibly this month. Introduced bipartisanly a year ago and re-introduced this past March, the RACE (Research to Accelerate Cures and Equity for Children Act) will require that companies developing cancer drugs will test the drugs in children with cancer. Pediatric oncologists will be able to study new cancer drugs with industry funding.

This proposed legislation is an update of the Pediatric Research Equity Act (PREA) which requires drug companies to develop their drugs not only for adults, but for children as well. However, PREA has never applied to cancer drugs because children's cancers occur in different organs than adult cancers. The RACE for Children Act asks companies to study drugs based on the genetic origin of cancer, not its location. It will also remove the "orphan" exemption that gives drug companies a waiver from studying new drugs in kids for drugs to treat orphan diseases (those that affect fewer than 20,000 Americans). Ninety percent of cancer drugs developed in the past five years received this exemption—and kids missed out on 90 percent of new discoveries.

If the RACE for Children Act does not pass, here is what will happen. As in the past, there will be about five to 10 new cancer drugs approved annually for adults, and it will take 25 years to approve just three new drugs developed specifically for kids. Kids will be treated with old drugs or with medicines created for adults for which there have been no studies of the proper dose or effectiveness in children. The new targeted therapies will not be studied in kids at the same time they are studied in adults, and may never be studied.

If you want to help, contact U.S. Senators Robert Casey at [www.casey.senate.gov/contact](http://www.casey.senate.gov/contact) and Pat Toomey at [www.toomey.senate/?p=contact](http://www.toomey.senate/?p=contact) to let them know you support this crucial legislation.



*“Children are  
our most  
valuable  
resource.”*

– Herbert Hoover

### Chomper Buddies

“If you have a little worry and you don't know what to do,  
Let this Chomper be your friend and he'll look after you.

Write your worries on some paper, 5 or 6 of just a few,  
Put them in the Chomper's mouth and let him chomp and chew.

He will eat up all your worries and the things that make you blue.  
And then, before you know it, you will feel as good as new!”

These pillow friends are for children who are anxious or worried and aren't able to verbalize their concerns. The Chomper Buddy comes with a pad of paper and a pen, and children write down their fear, feed it to the Chomper and zip his mouth closed, and he chomps the fear away. Parents are then able to talk to their child once they know what is of concern.

Handcrafted by Nancy Ransom, a H.O.P.E. volunteer, Chomper Buddies can be purchased in the office or online at [etsy.com/shop/JustFourKids](http://etsy.com/shop/JustFourKids), or through email at [justfourkidsllc@gmail.com](mailto:justfourkidsllc@gmail.com).



**H.O.P.E. Has Partnered With Community Aid**  
(Neighbors Helping Neighbors) to Collect Clothing.

We Need Your Clothing, Shoes, Bedding,  
Curtains, and Drapes.

These Items Will Benefit H.O.P.E. With  
Every Pound You Donate!

(No Small Appliances or  
Furniture, Please.)



The Container Is In the H.O.P.E.  
Parking Lot. Four More Con-  
tainers Will Be Located in  
Shrewsbury and Stewartstown  
Later This Year.

**Mark Your Calendar for the Annual Bull Roast!**

Saturday, September 23

7-11 PM



Jarrettsville Gardens at the Jarrettsville Fire Hall  
All You Can Eat Buffet Menu, Beer and Wine  
DJ and Dancing, Silent Auction and Door Prizes  
Tickets on Sale Call 717-227-2824

**New Freedom Farmer's Market**

Every Saturday from May through October  
10-1



150 E. Main Street, behind Rose Fire Company

Now accepting EBT cards.

Local Vendors

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- Jams and Jellies
- Flowers and Plants
- Breads and Baked Goods
- Handmade Crafts



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Loganville, PA 17342  
717-515-6873  
www.rellikshop.net

A consignment shop for hunting, fishing, archery, motorcycle gear, and man caves.

H.O.P.E. would like to announce our partnership with Rellik. When consignments are older than three months the clients have the opportunity to take them back or donate them to H.O.P.E.

**Tart Cherry Juice—Great For What Ails  
Ya (Nearly Everything!)**

Dr. Oz extolled it back in 2011, and even before that a 2009 research study published in the Journal of Nutrition touted the benefits of tart cherry juice. Here are just a few ways drinking this magical elixir can help:



- Protects against the development of heart disease
- Protects against age-related cognitive decline
- Fights arthritis and inflammation
- Helps with gout
- Reduces swelling
- Improves immunity
- Decreases symptoms of muscle pain and damage
- Aids in sports recovery
- Improves sleep

And last, but not least, **it protects against cancer.** Tart cherry juice is high in anthocyanin, antioxidants in the pigment that give the fruit their dark red color. (Anti-oxidants are compounds that cause damage to healthy body cells. Antioxidants replace the free radicals and repair damaged cells before the damage spins out of control.) Anthocyanins have demonstrated marked ability to reduce cancer cell proliferation and to inhibit tumor formation. Tart cherries are also rich in quercetin, a type of flavonoid (phytonutrients found in plants and known for their rich diversity of color-providing pigments) that has been found to be a powerful anticancer agent. They also contain naturally occurring melatonin, a hormone best known for inducing sleep, but also a powerful antioxidant that helps fight ovarian cancer and prevent breast cancer. Tart cherry juice has also been found to be protective against cancers of the colon, lung, liver, and skin. And a Cincinnati electrician is convinced that eating tart red cherries helped him beat mesothelioma 20 years ago and has kept him healthy since.

How much of this juice should you consume? How should you consume it? When should you consume it? Of course there are different answers to these questions. You can have it as two tablespoons of tart cherry juice concentrate, which can be diluted in water or consumed undiluted as a shot. Or you can drink it diluted. If you do buy this juice, make sure additional sugar hasn't been added, as one eight-ounce serving contains 140 calories and 25 grams of sugar. Dosages differ; it is recommended you drink six to eight ounces once or twice a day.

Visit Us on the Web  
<http://www.hopeforcancerfamilies.org>  
"Like" Us on Facebook:  
H.O.P.E. (Help for Oncology Problems and Emotional Support)

## Upcoming Events

H.O.P.E.'s Support Group Meeting  
2<sup>nd</sup> Wednesday of every month at 7pm  
H.O.P.E.'s Serenity Room in the New Freedom Community Center  
150 East Main Street, 2<sup>nd</sup> Floor (Elevator Available)

Everyone is Welcome!  
(Cancer patients, care givers, families and friends)  
Need transportation to the Support Group Meeting?  
Call 717-227-2824



*"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."*

RETURN SERVICE REQUESTED

H.O.P.E.  
Help for Oncology Problems & Emotional Support  
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Stewartstown, PA 17363  
(717) 227-2824

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