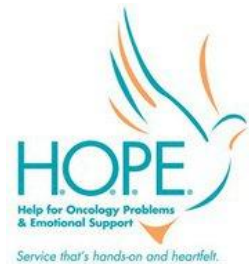




June 2017

H.O.P.E. LIFELINE



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H.O.P.E.
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,
BYOB

Tickets (Ages 16+)
\$20



Sixth Annual Better Father For It Family Fun Walk

Saturday, June 11

Hopewell Area Recreation
Complex

8:30 a.m. Registration/
Check-In

To Benefit H.O.P.E.

In Honor of Keith Humphries

Featuring Prize and

50/50 Raffles

Special Appearance by
Batman!



Support Group Meeting

Date: Wednesday, June 14
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: TBA
Topic: TBA

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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.



*“Any man can
be a father, but
it takes
someone
special to be a
dad.”*

- Ann Geddes

FROM THE EDITOR'S DESK

May was quite a month for our H.O.P.E. family and the community. The month kicked off with a wonderful Voices for Hope event and a week later saw kids bustin boards for Hope. (See Angel Corner below.) The annual meeting, one of Barb's favorite events, was highlighted by three of the four scholarship winners who told us a little bit about themselves and their families before Barb got to present them with their scholarship. The fourth recipient had to attend his school's scholarship ceremony. (Meet these outstanding winners on pages 3 and 4.)

The New Freedom Lions Club was also an indirect donor to H.O.P.E. this month. Each year the organization gives money to fourth grade classes in the area to donate to a charity. Students diligently research different organizations and the class makes its decision. This year fourth grade classes from Southern and Shrewsbury Elementary Schools chose H.O.P.E.—the only organization to be selected twice. Assistant Director Carol Nelson had the pleasure of attending the assemblies at which the winning charities were introduced and described and the hundred-dollar donations were given.

June officially kicks in summer, and of course H.O.P.E. will be off and running, starting with the Grape Blossom Festival at Naylor Wine Cellar on Saturday, June 3 (see p. 5). Speaking of running (or walking), make sure you rest up so that you can participate in the sixth annual Better Father For It Family Fun Walk on Saturday, June 11 (see front page). And Barb will be riding, not running, later in June when she's a guest at the 25th annual Mid Atlantic Women's Motorcycle Rally being held this year in Front Royal, Virginia. Over the years these lady riders have raised thousands of dollars for H.O.P.E.

ON A POSITIVE NOTE

Do you know what the first Sunday in June is? National Cancer Survivors Day. This year marks the 30th year of this worldwide effort to celebrate life and raise awareness of the challenges faced by cancer survivors. In the U.S. alone more than 15.5 million people are living with a beyond cancer today, with more than 32 million survivors worldwide. However, according to the National Cancer Survivors Day Foundation website, "Many survivors face limited access to health-care specialists, inadequate or no insurance, difficulty finding employment, and psychosocial struggles. Once active treatment ends, cancer survivors still must cope with the long-term effects of cancer, which include ongoing physical and emotional side effects, increased risk for second primary cancers and other health problems, and potentially devastating financial setbacks." No doubt many if not everyone in our cancer community can relate to one or more of these issues.

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

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

On May 4 over 200 individuals came together for H.O.P.E. at Wyndridge Farms. It was an amazing night honoring **Ravens' Nest 7** and listening to the inspiring story of Keith Humphries' cancer journey. This evening would not have been possible without our wonderful sponsors and our dedicated committee members Heather McAuliffe and Gwen Newman. Heather and



Gwen spend an entire year putting this event together. Thank you once again Voices for Hope angels Heather and Gwen.

Ryu Pa, formerly known as UTA Karate, has done it again! Ugly weather notwithstanding, 58 members gathered at Brown's Orchard and Farm Market on May 13 to break boards and raise over \$600 for H.O.P.E. Helping H.O.P.E. doesn't stop there for these mighty warriors. They have helped stock our pantry and donate Christmas gifts for multiple families every year. You can see why they have earned their Angel Wings.

Jason Burns is never a moment away from lending assistance. Carrying in items from cars, bringing in Panera goods, helping patients in the parking lot, finding freezer space for meats, and all of it with a smile on his face. As Jason does his job for Tasteful Catering he has a window on the Community Center world and a day doesn't go by when he isn't either called into assistance or sees someone in need and runs out to help.

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!

Four Outstanding High School Seniors Receive Recognition

Every year for more than two decades H.O.P.E. has awarded scholarships to outstanding high school seniors. These are students who have not only stood head and shoulders above many of their peers but have done so under a cloud of cancer. Whether it's been a grandparent, parent, sibling, or even themselves, these students have persevered and excelled through circumstances.

This year our scholars represent four different area high schools, and one will be attending a college out of state. The two guys were their school's homecoming kings(!), and three of the four winners share a love of music and performance. Their career choices fall in the fields of engineering, science, medicine, and finance. And they're all superb young adults who have succeeded despite, or maybe because of, the added burden.

Elizabeth Eckert

One could never guess from Elizabeth Eckert's calm demeanor and sweet smile that both her parents are currently battling cancer recurrences. Her mother's initial diagnosis was in 2009 and her father's in 2013, and their cancers have returned. Despite these difficult years of watching her parents receive treatment, Elizabeth has continued to excel in and out of school. In addition to her stellar academic performance which includes Senior Honor Roll status and membership in the National Honor Society and Math Honor Society, the Dallas-town senior has been a mainstay in her school's instrumental music department, participating in the marching band, symphonic band, jazz ensemble, and wind ensemble. She has also performed in county and district bands.

Outside of school Elizabeth has a part-time job and volunteers at a church in her town. And she has developed a talent and love for working with rescued thoroughbred horses, something her mother has been doing for years and is now sharing with her daughter.

Elizabeth will be attending Franklin and Marshall College and plans to major in finance. She says that she "like[s] numbers and the way it all works together." Law school will be the next step in her quest to become a tax attorney like her grandfather and uncle. Family is everything to this young woman.

Finn Johnson

Unless Finn Johnson were to show you his scar, you would never know the Hanover High School senior had been operated on at eight months of age for a rare congenital heart defect. The surgery was a relatively new procedure with a less-than fifty percent chance for survival, but Finn came through it and has led a whirlwind life since.

There probably hasn't been a musical or theatrical performance at Hanover that Finn has not been a part of. His instrumental talents range from handbells to steel drums; he sings in the chamber choir and show choir; and in addition to performing in school productions he is also a member of an improv group. Equally important to Finn is his involvement in community outreach programs for children. As one of his teachers wrote, "Finn models by his actions rather than his words." His academic achievements are equally impressive; he is an honor roll student, a member of the National Honor Society, and has been recognized by several civic organizations.

Finn lost both of his grandfathers to cancer and his mother was diagnosed with breast cancer a little over a year ago, during his junior year. Treatment is still ongoing and as expected it has taken an emotional and financial toll on the family. Nevertheless, Finn will be attending Virginia Polytechnic Institute (Virginia Tech) in the fall where he plans to major in aeronautical and mechanical engineering (and probably do a little singing and dancing on the side).

Michael Kozuch

For ten years Michael Kozuch's father battled cancer, beginning when Michael was six years old. His parents tried to hide it from their son but as he grew older it became all too evident, and when he was a teenager they had a "serious talk" with him. In March of 2016, his junior year, Michael was called from class with the news he'd been dreading. He was devastated, but as he said, he "had to be strong for everyone else - just like my dad."

Michael's strength carried him through his senior year of Dover High School. Somehow he managed to play varsity soccer and tennis, perform in the school's fall play and spring musical, play in the marching band and sing in the Renaissance choral group, and oh, yes, maintain grades to qualify him for the National Honor Society and National Society of High School Scholars. A popular leader, Michael was asked to help with the Link Crew (a mentoring program for incoming freshmen) and was elected by his peers to be their class's vice president and president. He also tutors other students in his school and works as a counselor at a summer camp.

His favorite subjects span the spectrum, from chemistry to English to choir, but when Michael attends the University of Pittsburgh in the fall he plans to study genetics. His goal is to earn a Master's degree in genetics counseling, a field no doubt inspired by his father's long struggle with a disease that science is more and more looking to genetics to defeat.

[See final recipient Taylor Lescalleet on next page.]

Some Breast Implants Can Be Dangerous

Women who have received a diagnosis of breast cancer are bombarded with options for treatment, care, and follow-up. Their decisions are based on doctors' recommendations, family input, and life-style choices. Each woman determines what she feels is best for her, and once treatment is over tries to resume her life, albeit one that includes regular check-ups and that worry that never leaves. Now women who opted for breast reconstruction have a new worry: a rare form of cancer thought to be caused by the type of implant they have.

First reported by the FDA in 2011 although not really addressed until 2015, the disease is breast implant-associated anaplastic large-cell lymphoma (ALCL), a rare type of non-Hodgkin's lymphoma. As of February of this year the FDA has received 359 reports from all over the disease, with nine deaths in the U.S. To put this in a bit of perspective, over a million women worldwide got implants in 2015, with 400,000 of those in the U.S. Of those 400,000 only 100,000 were for cancer reconstruction with the majority for cosmetic enlargement.

Implants can be smooth or textured. Most implants in the U.S. are smooth. The majority of the reported ALCL cases are related to the textured implants. The surfaces of this type are designed to allow tissue to grow around the rough surface and help anchor the implant. Scientists have offered several theories as to why this type of implant could cause this form of cancer. One theory is that bacteria may cling to textured implants and form a coating called a biofilm that stirs up the immune system and causes persistent inflammation, which may eventually lead to lymphoma. It could also be the immune system's response to some component of the texturing. The rough surface may be irritating or abrasive. A third possible cause is that some women have a genetic trait that somehow, in the presence of implants, predisposes them to lymphoma.

Most of the cancers have developed from two to 28 years after implant surgery, with a median of eight. The disease is usually treatable and not often fatal. Removing the implant and the entire capsule of scar tissue around it often eliminates the lymphoma; about 85 percent of cases can be cured with surgery alone. But if the cancer has spread, women need chemotherapy or radiation.

Symptoms of the lymphoma usually include painful swelling and fluid buildup around the implant. Sometimes there are lumps in the breast or armpit. To make a diagnosis, doctors drain fluid from the breast and test it for a substance called CD30, which indicates lymphoma. Doctors at MD Anderson have treated 38 cases so far and have a laboratory dedicated to studying the cancer.

More women with breast cancer are choosing to have mastectomies rather than less-invasive procedures that leave part of the breast intact. This is despite the evidence that, according to an NPR report, "a full mastectomy with reconstruction is more costly and has more complications after surgery than a lumpectomy with whole-breast irradiation, while the rate of cancer recurrence and survival is essentially the same under both regimens."

Taylor Lescallett

Every year at least one of the H.O.P.E. scholarship winners expresses the intention of going into the field of oncology. Taylor Lescallett has that determination, and the Delone Catholic senior has already logged more than 300 hours as a volunteer at Hanover General Hospital in pursuit of her goal.

As Taylor put it in her essay, cancer is no stranger to her household. Her grandfather passed away from colon cancer at age 88, and both her grandmother and aunt are breast cancer survivors. But it was her older sister's neuroblastoma at the age of 6 that has been Taylor's impetus. Taylor even had the opportunity to meet and interview the doctor who was responsible for saving her older sister's life, and it was this encounter that cemented her decision to become an oncology nurse.

Delone Catholic's graduation requirement for students is that they complete 80 hours of volunteer service. Taylor completed more than seven times that amount, and still managed to play basketball and run track and cross country and earn grades to gain her placement in the National Honor Society and her school's Math and English Honor Societies. Outside of school she serves as a Eucharistic Minister for her church and even squeezes out room in her schedule to work a part-time job.

Careful research led Taylor to conclude that York College, with its rigorous and well-respected nursing program, would be the best choice for pursuit of her goals. Ultimately Taylor hopes to work at Hershey Medical Center in the Pediatric Oncology wing, "helping so many children get well, grow, and go on to achieve great things in their lives." These young patients may find the same inspiration in their nurse that Taylor found in her sister's doctor.



"The most important thing in the world is family and love."

- John Wooden

Sunscreen Recommendations

Here are the top reasonably priced sunscreens researched by product testers from Consumer's Union organization.

- LA ROCHE-POSAY - Anthelios 60 Melt-In Sunscreen Milk, \$36
- EQUATE (Walmart) - Sport Lotion SPF 50, \$5
- PURE - Sun Defense Disney Frozen Lotion, SPF 50, \$6
- COPPERTONE - WaterBabies Lotion, SPF 50, \$12
- EQUATE (Walmart) - Ultra Protection Lotion, SPF 50, \$8
- OCEAN LOTION - Protect and Nourish, SPF 30, \$8
- AVEENO - Protect and Hydrate lotion, SPF 30, \$8
- UP and UP (Target) - Sheer Dry-Touch Lotion, SPF 30, \$5
- COPPERTONE - Clearly Sheer Lotion, SPF 50, \$7
- NEUTROGENA - CoolDry Sport Lotion, SPF 30, \$9.50
- NEUTROGENA - Ultra Sheer Dry-Touch Lotion, SPF 45, \$9.50
- HAWAIIAN TROPIC - Sheer Touch Ultra Radiance Lotion, SPF 50, \$10.50
- WELL AT WALGREENS - Baby Lotion, SPF 50, \$3
- COPPERTONE - Sport High Performance Lotion, SPF 50, \$12

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

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

Mike Males, of My Rural Radio
and Naylor Wine Cellars
are celebrating Mr. Naylor's Birthday
at the Grape Blossom Festival



Saturday, June 3,
Noon to 6:00 p.m.

Naylor Wine Cellars,
Stewartstown, PA

Visit the H.O.P.E. booth and
bring nonperishable items for our pantry.

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 Containers Will Be Lo-
cated in Shrewsbury and Stew-
artstown Next Year.

Start Practicing Now For H.O.P.E.'s 9th Annual Take a Swing at Cancer Golf Tournament.

Saturday, August 19
Hickory Heights Golf Course
Spring Grove, PA

Continental Breakfast, Lunch, and Lots of Prizes
(Call H.O.P.E. 717-227-2824 for registration information.)



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



215 N. Main Street
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.

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
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd 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."

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Help for Oncology Problems & Emotional Support
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