



September 2017

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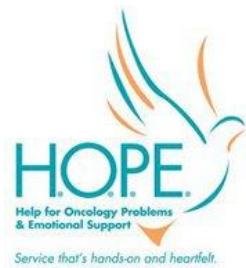
H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

H.O.P.E.'s Office Hours are
Monday through Friday, 9:00–3.
Please call in advance to set up an
appointment for:

- Intake
- Wigs/hats/scarfes
- Pantry

 Please direct all calls to the
H.O.P.E. office at 717-227-2824.

H.O.P.E. LIFELINE



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

Shrimp and Bull Roast **Saturday, September 23**

7—11 p.m.

Jarrettsville Gardens
Jarrettsville Fire Hall



**All You Can
Eat Buffet**
**Shrimp, Pit
Beef,
Pit Turkey,
Sides**

Beer and Wine

Silent Auction, Door Prizes

**DJ and Dancing
Tickets \$40**

717-227-2824

Annual Craft & Vendor Show

Saturday, October 21

8:30 a.m.—2 p.m.

**New Freedom Community
Building**

**50+ Crafters and Vendors
Lots of Holiday Gifts!**

**Tasteful Occasions Fantastic
Food**

**Admission: Two Cans of Food
for the Food Pantry**



Please check your expiration dates

Support Group Meeting

Date: Wednesday, September 13

Time: 7:00 p.m.

Location: H.O.P.E. Serenity Room

Speaker: Nicole Schmid

Topic: Medicare Forum

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FROM THE EDITOR'S DESK

This past month we lost a dear friend and avid supporter of H.O.P.E., Stan Brown. Stan was a gentleman who believed in helping his community and in helping others. He was one of the very first businesses and individuals who stepped up to support the ideal of H.O.P.E.. Over the last 24 years besides becoming one of my dearest friends Stan played many roles for H.O.P.E. He was a key member of our advisory board but was even more than that; he was my go-to guy for everything, from starting up my organization to guiding me through possible pitfalls to ending up becoming part of my family. My husband Ed and I were there when Stan's son Scott was diagnosed with cancer, and later when our son Scott was diagnosed with cancer Stan and his wife gave us support. Having just lost their son it was extremely painful but they were continually there for us.



Stan was one of the most giving men I know, and I never wanted to take advantage of his generosity. Every Thanksgiving I order fruit for our baskets for our cancer families. Knowing that Stan would not want me to pay for this large quantity of fruit, I would try to trick him. Every year I would order the fruit under a different name. His manager told me that Stan would comb through the daily orders to try to figure out which one was really mine. One year I thought I'd won. Ed and I went to pick up the fruit and while he was sneaking it out the back I was calmly paying for my small purchases and large fruit order. When I got to the door I saw Stan and called to him, "Gotcha!" Several days later a check arrived in the mail from Stan.

I have so many funny and fond memories of Stan Brown, as I'm sure many others in York county do as well. Stopping in at Brown's several times a week as has been my habit is now going to be bittersweet.

Barb Titanish, President

ON A POSITIVE NOTE

You probably recall our plea last month to contact your senators and ask them to vote for the **RACE legislation** (Research to Accelerate Cures and Equity for Children Act) which would require drug companies to study and develop drugs for children. Your efforts paid off: on July 12 RACE passed on the House floor and on August 3 it passed on the U.S. Senate as part of the FDA Reauthorization Act. Now it is up to the president to sign the bi-partisan legislation.

With the new law:

- Kids with cancer will have many more novel drugs and clinical trials open to them.
- Pediatric oncologists will have new information about which cancer drugs might help their kids, what the dosage of the drugs should be, and whether the drugs are safe.
- Companies developing cancer drugs will, as standard practice, plan to develop their drugs for kids with cancer.

"Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom."

—Marcel Proust

We love helping all of you, and we ask your help as well. Please refrain from dropping by the office at lunchtime, from 12 to 1, as we will be unable to provide assistance at that time. It's best for all if you call in advance for an appointment. Thank you.

Hear the Bells! We have been very blessed to have any churches in our area believe in and financially support the mission of H.O.P.E. One of those churches, Stewartstown Presbyterian Church, is celebrating its 175th anniversary. As part of the celebration, their bell choir is combining with the bell choir from Stewartstown United Methodist Church to present a concert on Sunday, October 29, at 7 p.m. in their sanctuary. They have designated H.O.P.E. to be the recipient of the free-will offering that evening. Please join us to celebrate this anniversary and glorious music. The church is located at 14 College Avenue in Stewartstown.

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

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

The day wound up being beautiful and the annual Take a Swing at Cancer H.O.P.E. golf tournament had the highest turnout ever—103 golfers. A wonderful time was had by all, and it was made even a little

more special by the return of Millie Sharrett. At 94 she is our 'rock star on the links.' All the guys seek her out to give her a hug and tell her what an inspiration she is.



Thanks go out to our committee who worked year-round to put together this event. Chair Ed Titanish was ably assisted by Ray Hasener, Andy Bobby, Vicki and Jim Hook and their son Jimmy (our youngest golfer of the day), and Morgan Lambert. Everyone received a bag of goodies and this year they were packaged in special H.O.P.E. golf tote bags. We had wonderful prizes, including greens fees for four at Bulle Rock, and rounds at Bridges, Hickory Heights, and Pleasant Valley, as well as Maize Quest passes and certificates from a variety of other places. Angel Wings to the committee, volunteers, donors, and golfers.

Prostate Cancer Basics and Updates

The prostate gland makes fluid that forms part of semen. The prostate lies just below the bladder in front of the rectum. It surrounds the urethra (the tube that carries urine and semen through the penis and out of the body). Prostate cancer is the most common cancer in men in the United States, after skin cancer.

It is the second leading cause of death from cancer in men. Prostate cancer occurs more often in African-American men than in white men. African-American men with prostate cancer are more likely to die from the disease than white men with prostate cancer.

Almost all prostate cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids). Prostate cancer often has no early symptoms. Advanced prostate cancer can cause men to urinate more often or have a weaker flow of urine, but these symptoms can also be caused by benign prostate conditions.

Prostate cancer usually grows very slowly. Most men with prostate cancer are older than 65 years and do not die from the disease. In the U.S., about 1 out of 5 men will be diagnosed with prostate cancer.

These and other signs and symptoms may be caused by prostate cancer or by other conditions.

- Weak or interrupted ("stop-and-go") flow of urine.
- Sudden urge to urinate.
- Frequent urination (especially at night).
- Trouble starting the flow of urine.
- Trouble emptying the bladder completely.
- Pain or burning while urinating.
- Blood in the urine or semen.
- A pain in the back, hips, or pelvis that doesn't go away.
- Shortness of breath, feeling very tired, fast heartbeat, dizziness, or pale skin caused by anemia.

Other conditions may cause the same symptoms. As men age, the prostate may get bigger and block the urethra or bladder. This may cause trouble urinating or sexual problems. The condition is called benign prostatic hyperplasia (BPH), and although it is not cancer, surgery may be needed. The symptoms of benign prostatic hyperplasia or of other problems in the prostate may be like symptoms of prostate cancer.

The Latest on Screening

And now, to the screening conundrum. Recently the United States Preventive Services Task Force changed its recommendation on prostate cancer screening. In 2012 the group recommended that men ages 59 to 65 not be tested because there was a moderate certainty of no net benefits or because the harms outweighed the benefits. Over-diagnosis leads to unnecessary treatments, and a newly discovered cancer could lead to no symptoms or harm over the patient's lifetime. The treatments for prostate cancer, including radiation and prostatectomy, have high levels of adverse events. About 75 percent of all the men treated will have impotence, incontinence, or both.

Now, however, their recommendation has been slightly modified, as a result of research done in 2014 that showed that offering men screening reduced their relative risk of dying of prostate cancer over 13 years by 21 percent. So now the recommendation is that patients and physicians discuss the options and make a decision together.

One of the biggest concerns with screening is that too many men are treated for slow-moving prostate cancers that might never really pose a risk to their health. A new approach, known as active surveillance, involves watching the cancer with more frequent PSA tests and biopsies. If it progresses, they receive interventions.

Immunotherapy 101: A Basic Explanation

Immunotherapy refers to any treatment that uses the immune system to fight diseases, including cancer. Unlike chemotherapy, which kills cancer cells, immunotherapy acts on the cells of the immune system to help them attack the cancer.

Checkpoint inhibitor drugs – are the most widely used form. They block (inhibit) a mechanism that cancer cells use to shut down the immune system. This frees T-cells to attack the tumor. Four checkpoint inhibitors have been approved by the Food and Drug Administration and are on the market. They are given intravenously.

These four drugs have been approved to treat advanced melanoma, Hodgkin's lymphoma, and cancers of the lung, kidney, bladder, and head and neck. They're being tested in many other types of cancers. The four drugs are Yervoy, Opdivo, Keytruda, and Tecentriq.

Generally, 20 to 40 percent of patients are helped by these drugs, and the rate can be higher with melanoma patients. In some cases combining two checkpoint inhibitors increases the effectiveness.

So far this treatment has been used mostly for blood cancers like leukemia and lymphoma. It can produce complete remissions in 25 to 90 percent of patients with these diseases and in some cases the remissions can last for years, although others relapse within a year.

Cell therapy – involves removing immune cells from the patient, altering them genetically to help them fight cancer, then multiplying them in the lab and点滴ing them back into the patient, like a transfusion. This type of treatment is individualized by patient and is still experimental.

So far this treatment has been used mostly for blood cancers like leukemia and lymphoma. It can produce complete remissions in 25 to 90 percent of patients with these diseases and in some cases the remissions can last for years, although others relapse within a year.

Bispecific antibodies – are an alternative to cell therapy and do not require individualization. They are proteins that can attach to both a cancer cell and a T-cell, bringing them closer together so the T-cell can attack the cancer. One such drug, called Blincyto, has been approved to treat a rare type of leukemia.

Vaccines – are unlike childhood vaccines in that cancer vaccines are used on patients who have already developed a disease. The idea is to prompt the immune system to attack a cancer by presenting it with some piece of it. The only one approved specifically in the U.S. is Provenge, for prostate cancer. Another one, BCG, which was developed to prevent tuberculosis, has long been used to treat bladder cancer.

Side effects can occur and can be dangerous. Checkpoint inhibitors can cause the immune system to attack healthy tissue as well as cancer. One result is inflammation. In the lungs it can cause breathing trouble. It can also cause joint and muscle pain, diarrhea, and even heart problems. Most of these reactions can be controlled with steroid or immune-suppressing drugs. Cell therapy can also lead to severe and potentially fatal reactions resulting from the overstimulation of the immune system. The reactions can usually be controlled, but patients may need to be treated in an intensive care unit.

Checkpoint inhibitors can **cost** \$150,000 a year. Many insurers will pay if the drug has been approved for the type of cancer the patient has. But sometimes there are high co-payments. Patients in clinical trials may get the drugs free. For information on these trials go to the Cancer Research Institute website (or call 1-855-216-0127 Monday through Friday 8:30 a.m. to 6 p.m. E.T.), or go to ClinicalTrials.gov.



"Adversity is just change we haven't adapted ourselves to yet."

– Aimee Mullins

Alternative Treatments for Cancer Side Effects

Complementary medicine can help you manage some of the emotional and physical side effects of your cancer and its treatment. Here's a rundown of a few treatments you might use.

Acupuncture and acupressure

- These techniques insert thin needles or apply pressure to certain points on your skin.
- Evidence suggests they can ease cancer pain as well as nausea and vomiting from chemotherapy.
- Both are safe when done by a qualified provider. (Talk to your doctor if you're taking blood thinners.)

Creative therapies

- These can include music, dance, and art.
- They can help lessen stress, fear, and worries from cancer and its treatment.
- And they're fun! (Just don't overdo the dancing if you aren't up to it.)

Fitness

- This includes aerobic activity like walking, biking, swimming, strength training, and flexibility exercises such as Yoga or Tai Chi.
- Exercise lowers fatigue, boosts mood, and builds strength.
- Check with your doctor before you start any new program.

Massage

- When a trained practitioner kneads, rub, or presses on your muscles and soft tissue.
- Studies show it can lessen pain, stress, and worry from cancer and its treatments. It can also boost your mood.

Meditation and deep breathing

- You focus on a single thought or word, or nothing at all, and breathe deeply in and out.
- This can relieve stress and make you feel better overall. Meditation can help with pain and nausea from cancer treatment.

Reiki

- This touch therapy realigns your body's energy balance.
- It can make it easier to manage pain, stress, and worry.
- Some people do not respond to the treatment.

Markets at Shrewsbury Helps H.O.P.E.

Saturday, September 9—Visit us on the front porch!

All yard sale rental space fees are donated to H.O.P.E. for that day.

Fall Wine and Music Festival

Saturday, September 30, at Naylor Wine Cellars Concert Pavilion

Noon to 10 p.m.—Rain or Shine!

Sponsored by MyRuralRadio.com and Naylor Wine Cellars

Gates open at 11:30 a.m.

**Admission \$15 ages 16 and up.
Ages 15 and under get in free!**



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 | • Breads and Baked Goods |
| • Jams and Jellies | • Handmade Crafts |
| • Flowers and Plants | |



Calling All Golfers:

Bon Air Country Club is Playing Golf for H.O.P.E.

Saturday, September 30, Noon Shotgun Start

Four Player Scramble

Entry Fee \$100 includes greens fee, cart fee, and dinner.

Call Bon Air Pro Shop at 717-235-2091
for more information.

Basket BINGO!!!!

Sunday, November 5



New Freedom Community Building

Doors open at 12:30; Games begin at 2.

Refreshments for sale by Tasteful Occasions

Tickets \$15 before November 3; \$18 at the door.

25 games, 5 secret games, 1 thank-you game.

Call 717-227-2824.

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)
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

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