



April 2018

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

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

H.O.P.E. Basket Bingo & Non-Perishable Food Drive



Sunday, April 8

Doors Open at 12:30
Bingo Starts at 2:00

New Freedom Community Bldg.
New Freedom, PA

Tickets \$15 in advance
\$18 at the door

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

13th Annual Voices for Hope Benefit Banquet

Thursday, May 3, 2018

5:30—9:30 p.m.

Out Door Country Club

Tickets \$60.00 per person
(Table of 8, \$420 by April 20)

Features a Reception, Silent Auction,
Dinner, and Presentation



For tickets,
call 717-993-3778

Or email mcauliff@comcast.net

Support Group Meeting

Date: Wednesday, April 11
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Justin Casteel
Topic: Tai chi

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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

March didn't exactly go "out like a lamb," but the trees are beginning to bud and pretty soon spring flowers will be nudging their way up through the recently snow-covered soil. Outdoor activities are still a couple months away, but H.O.P.E. has two much-anticipated indoor events just around the corner.

For those of you who can't get enough bingo, April offers two extravaganzas. Our traditional spring event is Sunday, April 8 (see ad on front page), and there's an evening bingo at the end of the month sponsored by the former Relay for Life team "No Ordinary Joe." This event will be held in Stewartstown at the Eureka Volunteer Fire Department, and doors open at 5:30 p.m. (See ad on page 5.)

Early May brings The 2018 Voices For Hope event, our 13th. The evening includes a sit-down dinner, silent auction, and presentation of H.O.P.E.'s annual Seeds of Hope Award. Tickets will be available through April 16th at a cost of \$60. (See front page for details.) Honorees are two outstanding local men, who despite their range in age share an above and beyond loyalty to H.O.P.E. These two men are profiled on the next page.

ON A POSITIVE NOTE

April is **National Volunteer Month**, and there are probably few organizations that rely on their volunteers as much as H.O.P.E. Since its establishment 24 years ago hundreds of people have given their time and energy to help with hundreds of different tasks.

On any given day you'll find three or four volunteers at the office writing letters and cards and notes, creating gift baskets, helping patients in the food pantry, or dropping off home-cooked meals and groceries. And that's just the tip of the iceberg. Volunteers donate baked goods to activities, sew and knit items for patients and their families, organize fundraisers and recruit more volunteers to work them, transport patients to and from doctors' appointments, fill back-to-school backpacks, wrap hundreds of Christmas gifts, make Easter baskets. Volunteers have mucked out stalls and fed cattle, put up walls and built shelves in this office, built ramps at people's homes, shoveled snow. They do the newsletter, from writing and laying out to mailing out the thousand plus copies, and help with other various tasks around the office.

Our volunteers are family. Most find H.O.P.E. when a family member or friend develops cancer, but then they stick around to "pay it forward." Some have been with Barb for almost two decades. One of those is Marty Streett, known to many as Marty the Christmas Elf. Marty became acquainted with H.O.P.E. in 1999 when her husband was diagnosed with prostate cancer. While he was still alive they both volunteered by driving patients to appointments, and after her husband's death Marty stayed on and has become Barb's right-hand lady. Granted, she hasn't mucked out any stalls or built walls, but she's done just about every other activity imaginable. Marty is typical of the kind of devoted people attracted to Barb and her wonderful work.

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

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

Wow, now this is a fundraiser! Sold out in seven days, the Valencia Ballroom in York was filled with 400 dancers dressed to the nines at the second annual "**Adult Prom**" on Saturday, March 24.

Organized and run by **Casey Smith** and her outstanding committee, their fabulous function earned over \$25,000 to benefit H.O.P.E. Professional **DJ Chris Wagman** spun all the favorite tunes, guests posed for formal photos courtesy of **Creative Interpretations Photography**, and everyone enjoyed delicious hors d'oeuvres (including a build-your-own slider station) and beverages between dances. Organizations donated over \$50,000 worth of raffle and silent auction prizes, including a week's stay at a beach house in Delaware.



It's a popular event and it's not too early to begin thinking about attending the third annual prom next year. To keep up with Casey's plans (because it's a year-long undertaking) go to the facebook page www.facebook.com/Adultpromyork for updates.

H.O.P.E. can't begin to thank Casey and Committee for the hard work and organization it took to make this such a success! We are proud to call them friends of H.O.P.E.



*"Those who
bring sunshine to
lives of others
cannot keep it
from
themselves."*

- Sir James Barrie

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 asstant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!)
Thanks!

H.O.P.E. Celebrates Two Local Supporters at Its Voices for Hope Event

Sometimes the smallest gestures offer the greatest hope. That will be one of the key messages delivered on Thursday, May 3, by teen cancer survivor Buddy Hart, who will be the keynote speaker at the 13th annual Voices for Hope event, to be held at the Out Door Country Club at 1157 Detwiler Dr.

Sponsored by Help for Oncology Problems & Emotional Support (H.O.P.E.), the event each year honors a local entity who - through their volunteerism - has helped the local cancer community. Recipient of this year's Scott Brown Memorial Seeds of Hope Award will be Pete McGraw, a retired financial advisor introduced to H.O.P.E. after the death of his own brother 15 years ago to pancreatic cancer.

Pete McGraw—Our Recipient

"Through my sister-in-law, I saw how relieved Linda was to have some help and assistance at this very difficult time," recalls McGraw, who in the years since has helped those who wish to give financially to the organization through charitable giving such as estate planning and wills. "I go in and out of the H.O.P.E. offices as needed," notes McGraw, "but I see the continuous flow of people in and out of there and the continuous acknowledgement of the patients who have been served and the incredible dedication of volunteers who are there day after day after day."

McGraw also serves on H.O.P.E.'s Retreat Committee, which is charged with overseeing the purchase of a property that will house the non-profit's administrative offices as well as serve as a destination for cancer patients and their families as a respite during treatment. Similar to Justin's Beach House in Bethany Beach, Delaware, the home will provide a 3-to-5-day getaway that can help them recharge during an emotionally draining and financially taxing time. "Sometimes, people just need a place to get away, think, meditate and work through their issues."

"Pete has been an amazing force for the local cancer community," says Barb Titanish, President and co-founder of H.O.P.E. "His contribution of time has helped those wishing to give financially to H.O.P.E. to do so more readily and with greater confidence. And his vision for and support of H.O.P.E.'s future retreat site will help us to make this long-awaited dream a reality."

Buddy Hart—Former Recipient and This Year's Speaker

Buddy Hart was diagnosed with lymphoblastic lymphoma at the age of 13, right before Christmas. Treatment began January 3, and Buddy managed to continue attending school and keeping up with his classes. He went to a clinic for treatment two or three days a week, and a routine of sorts was established; that is, until February 12, when he suffered a small stroke. The next day another more serious stroke landed him in the hospital and he was told to "say his goodbyes"; he probably wouldn't see the sun rise the following morning. Buddy forced himself to stay awake all night determined that he would, indeed, see the sunrise. It was this determination that led him to recover use of the right side of his body months ahead of schedule and allowed treatment to resume in June. Imagine Buddy's surprise when the nurse who was going to give him his first chemo treatment entered his room covered head to toe in a hazmat (hazardous materials) suit. The nurse told him she wanted to make sure she would be able to have children. Buddy was told as a result of the chemo he would not. The aggressive treatments were effective, however, and Buddy entered school that fall as a freshman. Just five days shy of his sixteenth birthday, on January 13, 2003, Buddy was declared cancer free. He went on to become a spokesperson for the American Cancer Society, a volunteer for H.O.P.E., a husband and father of two "miracle children," now ages 5 and 11.

"Treatment itself is kind of depressing but also often an enlightening event. There's a lot to learn and a lot to experience. At the time, you go on a physical journey and later, it's more of an emotional journey." Since treatment, Buddy has had no recurrences and currently serves as co-chair of H.O.P.E.'s Board of Directors and is a member of its Retreat Committee.

An eternal optimist and a longtime survivor, he encourages everyone to consider how they too can contribute to the health and happiness of those around them. "You might help find a ride for someone going to cancer treatment or you might be that ride. It doesn't take much to be hope and it's in all of us."

"Buddy embodies what H.O.P.E. stands for and what we envision for all cancer patients - a readily available source of support and understanding," Barb said. "We are honored to know Buddy and to have him advocate both for H.O.P.E. and for cancer patients everywhere."

Yes, There is Good News Out There

Cell phones Have Been Found to be “Cancer-Free”

Two studies, conducted over 10 years on mice and rats, have led researchers to determine that cell phones do not cause cancer. (Although one study that was conducted on rats did link exposure in radiation to tumors in the hearts of male rats. But not in female rats or mice of either gender.) The FDA issued a statement saying it respected the research by the two studies and had reviewed many other studies on cellphone safety, and had “not found sufficient evidence that there are adverse health effects in humans caused by exposures at or under the current radio-frequency exposure limits.” Another part of the statement said, “Even with frequent daily use by the vast majority of adults, we have not seen an increase in events like brain tumors.”



“When gardeners garden, it is not just plants they grow, but the gardeners themselves.”

- Ken Druse (gardening author)

And just in case you still have concerns, here are some common-sense guidelines for cell phone use:

- Spend less time on them
- Use a headset or speaker mode so the phone is not pressed against the head
- Text instead of talking
- Avoid making calls where the signal is poor or sporadic because the phone has to work harder to connect
- Keep the phone away from the head and body while streaming, downloading, or sending large files
- Carry the phone in a backpack, briefcase, or purse
- Do not carry the phone in a pocket, bra, or belt holster
- Don't sleep with the phone close to your head

And, just to add a bit of confusion, researchers also found that the rats exposed to the cell phone radiation actually lived longer than the controls. One possible explanation for this is that the radiation from the phone may ease inflammation, and lessen the severity of a chronic kidney disease that is common in aging rats and can kill them.

Breakthrough in Prostate Cancer Treatment

Some good news on the prostate cancer front. This cancer is the second most common among men worldwide, and it is estimated by the American Cancer Society that it will kill almost 30,000 men in 2018. Two drugs have been found effective in delaying the spread of the disease in patients who had been treated for prostate cancer through surgery or radiation, but whose PSA (prostate-specific antigen, a protein associated with prostate cancer) began to show rapid increase and did not respond to standard treatment, called androgen deprivation therapy, to suppress testosterone.

The cancer metastasizes, and here is where two new drugs come in. Both are androgen receptor inhibitors that block testosterone from binding to prostate cancer cells and entering them. In the studies, two-thirds of the men took one of the androgen receptor inhibitors, while a third took a placebo. They all continued to receive androgen deprivation therapy. In one study it took an average of 40 months for the cancer to spread to the point where it could be detected by a scan, while the cancer returned for the men in the placebo group in 16 months. In the other study, with the other drug, it was 37 months versus 15 months.

For men who don't respond to standard treatment, these drugs could prolong the spread of their cancer for two years, postponing pain and other symptoms as well as treatments such as chemotherapy and more.

Basket Bingo!

Sponsored by Team "No Ordinary Joe"

Friday, April 27

Eureka Volunteer Fire Company

20 Games—Raffles; Special Games—Door Prizes

Doors open at 5:30 p.m. Bingo at 7 p.m.



Tickets in advance—\$15

At the door—\$18

Proceeds benefit H.O.P.E.

Non-perishable Food Drive Benefits

H.O.P.E. Food Pantry

A Day Camp for Baltimore Area Kids With Cancer (and Their Siblings!)

Begun just two years ago, **Horizon Day Camp** (affiliated with Sunrise Day Camp) is a full-summer day camp for children with cancer and their siblings, ages 3 1/2–16, who are in active or follow-up treatment for cancer. Unlike most oncology sleep-away camps that are offered for only 1-2 weeks each summer, Horizon Day Camp allows children to attend camp for as little as one day or the entire summer. Activities take place on the beautiful 88-acre campus of Maryvale Preparatory School in Baltimore County, Maryland.

The camp offers four sessions:

- June 25—July 6
- July 9—July 20
- July 23—August 3
- August 6—August 14



The core camp day is from 9:30 am to 3:45 pm.

Eligible campers are children ages 3 1/2 to 16, who are within the first 5 years of either being diagnosed or most recent treatment for cancer, can have the best summer ever...provided your doctor clears them to participate.

Campers may enroll for one, two, three or four sessions. Determine what days of the summer work best for your family schedule.

There are several **open houses** scheduled in the spring. You and your family will have a chance to meet staff, speak with other camper parents and tour the facilities. If you cannot attend one of our scheduled open houses, you are welcome to call the office to arrange a personal tour at 410-991-0460.

For more information go online to <http://horizondaycamp.org/>

And They're Off!

Preakness Night at the Races Charity Event

to Benefit H.O.P.E.

Saturday, May 19

4–11 p.m.



Elks Lodge #213 223 N. George Street

York, PA 717-848-2785

Bet on horses as if it's an actual race.

Food, Drinks, Silent Auction, Door Prizes

Admission \$20

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. Other containers are located in the following locations:



- Stewartstown Presbyterian Church
- Old Mill Shopping Center in Fawn Grove
- Hametown Park
- The "Coop" in New Freedom

Escape to the Beach From Cancer!

Justin's Beach House is a respite home in beautiful Bethany Beach for families with cancer. Justin Jennings lost his life to cancer at age 19, and his family built this beach house in his memory.



Families (and extended families—it sleeps up to 10) can stay there at no cost for 3, 4, or 7 days.

For more information and an application, go online to www.justinjenningsorg.

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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