



May 2018

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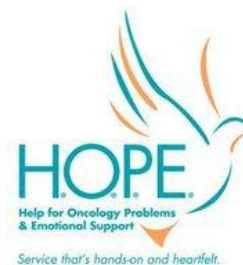
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H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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

Ryu PA KARATE KICKS AND CONNECTS FOR H.O.P.E.

MARTIAL ARTS DEMONSTRATION AND BREAK-A-THON FUNDRAISER



**SATURDAY, MAY 12
11 A.M.—2 P.M.**

**BROWN'S OCHARDS
AND FARM
MARKET PAVILION**

Join Us For the 7th Annual Better Father For It Family Fun Walk

In Honor of Keith Humphries

Sunday, June 3

at the Hopewell Area
Recreation Complex

Registration 8:30 AM

**Benefits H.O.P.E. Cancer
Patients and Patients**



Support Group Meeting

*This month, H.O.P.E.'s Annual Meeting
replaces the Support Group Meeting.*

*Join us for a night of fellowship and recognition
Wednesday, May 9, at 7 p.m. in
the Serenity Room.*

*Meet our 2016 Jeanette Cartwright
Memorial Scholarship winners.*

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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.



*“What we have
done for
ourselves alone
dies with us;
what we have
done for others
and the world
remains and is
immortal.”*

- Albert Pike

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!

FROM THE EDITOR'S DESK

Happy May and welcome spring (finally). As the sun gets warmer and the days get longer, what better way to enjoy them than by joining us in two wonderful events. The first is our 13th annual Voices for Hope banquet, Thursday, May 3, held this year for the first time at the beautiful Out Door Country Club in York. We hope you purchased your ticket for this special evening where we are honoring our financial guru volunteer Pete McGraw and re-introducing cancer survivor and longtime H.O.P.E. volunteer Buddy Hart, who will deliver the keynote address. A little more than a week later, on Saturday, May 12, you can spend the afternoon at Brown's Orchards where you can not only browse the produce and other myriad merchandise in the store but also watch an amazing board-breaking demonstration by students from Ryu Pa Karate school who are raising money for H.O.P.E.

May is also Cancer Research Awareness month. On the next page in the newsletter you can read about some of the latest drugs, procedures, and trials that are taking place in the treatment of ovarian cancer.

A mea culpa to the wonderful committee chaired by Casey Hermann (not Smith) who raised over \$20,000 for H.O.P.E. in March at their second annual "Adult Prom." The D.J. was Titus Touch Music Service and the raffle items donated were valued at \$5,000 (we added an extra 0 in last month's newsletter). Thank you Casey and crew, for all you have done for H.O.P.E.

ON A POSITIVE NOTE

Turmeric is back in the news again. This bright yellow herb from India contains the active ingredient curcumin, which new research suggests can help improve memory and ease depression among those with age-related mental decline. Here are some of the benefits of turmeric:

- It is an anti-inflammatory.
- It is rich in anti-oxidants which are especially helpful for liver ailments such as cirrhosis and fatty liver disease.
- It boosts cognitive abilities, increases concentration, and boosts memory retention. It can also protect the neural pathways from long-term oxidative stress and the build-up of plaque.
- It helps prevent blood clots.
- It contains vitamin B6, which along with curcumin helps promote heart health.
- It is one of the best herbal approaches to the treatment or prevention of various types of cancer. Curcumin is a powerful antioxidant agent that has been directly linked to a **reduction in colon cancer cells** and is also a direct inhibitor of a protein that is essential for tumor growth. The most extensive research on turmeric's cancer prevention effects has been in colon cancer, although other types of cancer research related to curcumin are currently underway.
- It helps prevent the risk of type 1 and type 2 diabetes by lowering blood sugar levels in the body.
- It prevents arthritis and reduces pain. (I take two capsules of it daily for arthritis in my hands and it has made a huge difference.)
- It can even be made into a paste and applied to heal cuts and wounds.

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

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

Everybody loves a good Girl Scout cookie. **Girl Scout Troop 20364 from New Freedom** treated the April support group to plates of Girl Scout cookies. They also donated four cases to use in our food pantry for the families to have a special treat. The girls delivered the cookies in person in uniform.



This wasn't the first time this troop treated our patients and their families. They have been donating cookies to H.O.P.E. for many years. Their assistance is especially meaningful to Barb, who was a Girl Scout herself for 17 years and then a leader for more, and whose son was a Boy Scout.

BREAKTHROUGHS IN OVARIAN CANCER TREATMENT

Ovarian cancer is the fifth leading cause of cancer death among women in the United States, according to the American Cancer Society. Because it is hard to detect, it is often diagnosed in its late stages, where survival is unlikely. Moreover, it is a cancer on which proportionately less money is spent for this reason.

Thus the understood excitement over recent results from immunotherapy treatments in three different cases. In the first, four young women who had an extremely rare, aggressive, and fatal form of ovarian cancer (hypercalcemic small cell ovarian cancer, which typically occurs in women in their teens or 20s), asked their doctors to try new immunotherapy drugs even though they were told they wouldn't work. All four women, strangers to one another and living in different countries, were able to persuade their doctors to try this treatment. The women met on a closed Yahoo cancer group. Dr. Douglas Levine of NYU Langone Medical Center, who specialized in this particular cancer, asked permission to join the group and learned of their treatments. The women reported that their tumors shrank immediately and they were able to resume their normal lives.

One of these women is a 28-year-old psychologist who lives in Portugal. She was diagnosed in December 2011 and treated for the next four years with surgery, chemotherapy, and radiation. Nothing worked until 2015 when she persuaded a doctor to give her an immunotherapy drug, nivolumab. Immediately her tumors shrank and continued shrinking as she continued with the drug—so much so that her doctors now say that she has no evidence of the disease.

A simplified explanation for this is that the doctors have found white blood cells in some tumors, which indicates that the body's immune system is trying to fight the disease. A study is being conducted at M. D. Anderson Cancer Center in Houston where researchers will look at slides of patients' tumors to see if white blood cells are present. If so, the patient will be treated with an immunotherapy drug to help activate their white blood cells to attack the tumor. According to Dr. Padmanee Sharma, one of the leaders of the study, "If we have learned anything, it is that it is not the tumor type we are treating—it is the immune system."

Another study was conducted on 29 women whose ovarian cancer had returned. These women were treated with a targeted immunotherapy vaccine called Vigil. Each vaccine was created individually from cells harvested from the women's own tumor. The vaccine, given as monthly injections, works by boosting the immune system's response to the cancer. Twenty out of the 29 women achieved a three-year survival.

The third study was conducted by researchers from the University of Texas Southwestern Medical Center in Dallas. They studied drugs that are used to inhibit proteins known as PARPS, which are involved in the DNA of cell repair. When these proteins are blocked in cancer cells DNA repair stops and cell death occurs. Work has been done with these inhibitors dating back to 2005 in connection with the BRCA1 and BRCA2.

Elsewhere, the pill which has the potential to buy an extra 16 months of life for women with ovarian cancer has been dubbed a "milestone" treatment, after it was licensed for use in the UK. The once-daily pill Niraparib is part of a new class of cancer drugs, and quadruples the time it takes for cancer to return after chemotherapy. Clinical trials found that in women with an inherited defect in the BRCA gene, which plays a key role in suppressing the formation of tumors, time to relapse increased from 5.5 months to 21 months.

Attention Cancer Survivors and Caregivers:

Relay For Life is extending an invitation to join them at the American Cancer Society's Relay For Life of York event held at the York Expo Center. The event takes place on Friday, June 15. Registration opens at 3PM. The Survivor and Caregiver Laps take place at 6PM followed by the Survivor and Caregiver Reception at 6:30.

Interested attendees are asked to RSVP in advance for the dinner by registering at www.RelayForLife.org/PAYork or by calling 800-227-2345.

H.O.P.E. and the American Cancer Society share a deep commitment to helping people with cancer. However, the two are completely separate entities. H.O.P.E. receives no money or assistance from the American Cancer Society.

SOME OTHER HEALTH STORIES IN THE NEWS

Get a Pet—Good For Almost Everything That Ails You

Pet owners seem to have fewer illnesses and recover quicker when they do get sick. They handle stress better and experience less depression. Just by touching your pet you feel a surge of prolactin and oxytocin, hormones that lower blood pressure and reduce stress. Having a pet can also elevate serotonin and dopamine—hormones that lift depression.



If you have a dog, you're five times more likely to be alive a year after a heart attack. If you have a cat, you're 40 percent less likely to suffer from a heart attack or stroke in the first year. If there is a pet in the house, diabetics do better controlling their blood sugar and individuals who have had surgery or cancer seem to have a better recovery.

Pets can be great for children. Not only do they gain a loyal friend, but also in caring for a pet they can learn responsibility. Although some children have pet allergies, a recent study showed that babies who live in homes with two or more dogs and/or cats are much less likely to develop allergies than children in pet-free homes.

And of course they're a great 'exercise machine.' Ask any dog owner. Furthermore, they can help improve your social life. You've heard of people who rent cute dogs so that they can take them for a walk and meet people. Guys know that cute dogs are a 'chick magnet.'

“Real love means sharing hurts, hopes, joys, and homecomings; holding on when you're tempted to let go, and letting go when you desperately want to hold on.”

- “Hugs for Mom” book

Reach Out and Touch Someone You Love



The simple act of holding hands with a loving partner can significantly reduce physical pain, a new study from ScienceDaily.com reports. Researchers asked 22 heterosexual couples who had been together for at least a year to undergo brain scans as they participated in different scenarios. The women either sat holding hands with their partners, sat nearby but did not touch them, or were in a different room. Then researchers repeated the scenarios but this time subjected the women to mild pain. Overall, the women found that holding hands reduced the intensity of their pain by an average of 34 percent. The researchers speculate that supportive touch can help people feel understood, which may trigger pain-reducing reward systems in the brain.

Watch Out For Floating Bacteria

Make sure you have your medical insurance information with you when you go to the beach this summer. Scientists at the University of Exeter in England analyzed 19 studies involving more than 120,000 people living in the U.S., U.K., Australia, New Zealand, and Norway, and found that those who swim in the ocean are 77 percent more likely to develop an earache, 44 percent more likely to have diarrhea, and 29 percent at greater risk for a gastrointestinal infection. The culprits are a bit disturbing: fecal bacteria from pollution from the thousands of tons of agricultural runoff, sewage, and other wastes dumped into the oceans daily.



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

Save the Date!

Ride for H.O.P.E. With the Twin Rose Lady Riders
Charity Ride With AMA Points
(2, 3, or 4 Wheels!)

Sunday, October 7
10—1:30

York Motorcycle Club
2333 Whiteford Road (next to the Galleria Mall)

For Information, contact Dawn, 717-471-7026,
dmhtrlr@comcast.net

**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/>

Hooray for H.O.P.E.!

On April 18 Chick Fil A honored our office volunteers for National Volunteer Month by providing lunch for 12 of our hard-working, dedicated ladies.

**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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