



July 2018

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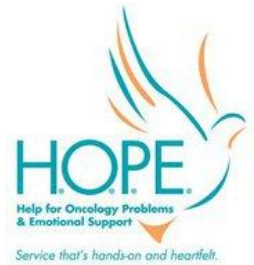
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H.O.P.E.  
P.O. Box 175  
Shrewsbury, PA 17361

# 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

## Take a Swing at Cancer! 10th Annual Golf Classic Tournament

Saturday, August 18  
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.

## Raising HOPE Through Art and Music

Sunday, August 19, from 1—5  
PM

Agriculture & Industrial  
Museum 

217 W. Princess Street, York

Live music and fine art and  
silent auction donations from  
local artists supports H.O.P.E.

Face painting  
Food available for purchase

Tickets are available online;  
\$10 plus small fee

## Support Group Meeting

Date: Wednesday, July 11  
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.

## FROM THE EDITOR'S DESK

Ozone depletion, deadly mosquitoes, skin cancer, what's an outdoors-lover to do?! We can't offer any advice for the first two problems, but we can help you enjoy the sun and still avoid the threat of skin cancer. In fact, most of this newsletter is devoted to that very topic. With a little precaution and a lot of common sense, no one's summer fun needs to be curtailed.

If you're looking for a great outdoors event that can also benefit H.O.P.E., look no further than Barb's backyard. Or barn, to be exact. On Saturday, July 13, and Sunday, July 14, H.O.P.E. is holding a **yard sale**. The location of the barn should be a clue that this isn't your usual odds-and-ends event. Furniture, china, jewelry, tools, a barely used exercise machine, and other items from several households will be for sale. These, as well as, the other to-be-expected treasures. The sale will take place rain or shine, from 8 a.m.–3 p.m. both days. Come at 8, but please, no earlier!

In H.O.P.E.'s 24-year existence we have offered numerous support-type programs for patients and family members of all ages. One of our most meaningful is **Kids Under Construction**, for children in families with a cancer patient. These kids are struggling with understanding and expressing their pain and fear. Who better to help them through this than other kids going through the same thing, led by adults trained to guide them? We're happy to announce a new KUC program starting at the end of this month, led by not one but two young women with education and empathy. If you know of a child who could benefit from this program of activities, outings, and interaction with peers, call us at the office.

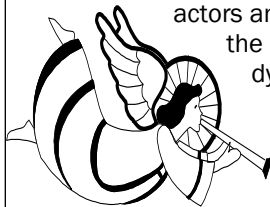
No sooner do we wish you happy summer vacation then we turn around and send out a plea for donations for **back-to-school backpacks**. As you know, our mission is to help the whole family, and to this end we provide every child in a cancer family with a fully equipped backpack, as well as, gift cards for a back-to-school outfit and other items. Since schools begin in less than two months, we're asking you to remember these kids and donate school supplies, gift cards, or money to ease the financial burden on their parents. Thank you, as always.

The celebration held at the Voices for Hope banquet was a memorable evening for all who attended. The joy that fills all of us who attend this special event sends us forward to continue the work and mission of H.O.P.E. This year we were able to 'pay it forward' to **the dream of the HOPE Haven** by filling the candy container that everyone received that evening. This gift has already profited H.O.P.E. by over four hundred dollars. If you are among the ones who have already filled your container and dropped it off at People's Bank, we say a BIG Thank You for sharing in our dream, and please feel free to fill it up again! If your container is half full, keep up the good work, and we look forward to benefiting from the results of your gift to H.O.P.E. in the near future. Again, our thanks to all who continue to believe in and help move forward our Dream.

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

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

This month I would like to recognize Miranda Shaffer and the entire production crew and actors and actresses from Susquehannock High School for selecting H.O.P.E. as the recipient of their play, "The Big Fish." The play is about a father who is dying from cancer and the family's reaction to his disease. The group sold cancer ribbons the night of the performance, raising \$400 to benefit H.O.P.E. Angel Wings go out to these wonderful kids and adults.



Despite the wind, rain, and mud, Keith Humphries and his loyal team of supporters were able to raise \$2,534 to benefit H.O.P.E. in their seventh annual "Better Father For It" Family Fun Walk that took place at the Hopewell Area Recreation Complex on Sunday, June 3. Keith himself has been battling cancer for quite a few years, yet never lets it stand the way of his reaching out to help H.O.P.E. and other cancer patients.



*"The summer night is like perfection of thought."*

- Wallace Stevens

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

## *It's Summertime, and Time For (Sensible) Fun in the Sun*

The good news from the National Cancer Institute is that cancer death rates are down. During the years between 1999 and 2015 they decreased an average of 1.8 percent for men and 1.4 percent for women, and the overall death rate for children decreased an average of 1.5 percent between 2011 and 2015. The bad news is that skin cancer has not decreased, and in fact it is now the most common cancer in the United States.

As you probably know, there are three types of skin cancer. The two most common types are basal cell and squamous cell, which are curable but can be disfiguring. An estimated 4.3 million cases of basal cell cancer are diagnosed each year, resulting in more than 3,000 deaths. Squamous cell cancer, the second most common, is diagnosed in more than one million people a year, leading to an estimated 15,000 deaths. Melanoma is the least common but the most dangerous of the three types and it causes the most deaths, more than 9,000 Americans each year.

The majority of these three types of skin cancer are caused by overexposure to ultraviolet (UV) light rays. These are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. When they reach the skin's inner layer, the skin makes more melanin, which is the pigment that colors the skin. It moves toward the outer layers of the skin and becomes visible as a tan. Unfortunately, although we identify this with a healthy appearance, it is actually the reverse. A tan is a response to injury, because skin cells signal that they have been hurt by UV rays by producing more pigment. These rays penetrate and change skin cells.

### *Ultra Violet Rays—the Culprits*

Although there are three types of UV rays, A, B, and C, it is the first two that are dangerous.

**UVA (long-wave) rays** can reach deep into human skin and damage connective tissue and DNA. They are less intense than UVB but there are more of them and they can penetrate clouds and glass. UVA rays have long been known to play a major part in skin aging and wrinkling and can also help cause cancer. UVA is the dominant tanning ray that is emitted by tanning booths. The high-pressure sunlamps emit doses of UVA as much as 12 times that of the sun; thus it is not surprising that people who use these salons are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell.

**UVB (shortwave) rays** are mostly absorbed by the earth's ozone layer and are actually the ones that help produce vitamin D in the skin. They don't reach as far into the skin as UVA rays and are the chief cause of skin reddening and sunburn. They also damage DNA, thus playing a key role in the development of skin cancer because most skin cancers occur in the outer layer (epidermis) of the skin. The most significant amount of UVB hits the U.S. between 10 a.m. and 4p.m. from April to October. UVC rays are absorbed completely by the ozone layer and do not reach the earth's surface.

### *Types of Skin Cancer*

**Basal cell carcinoma (BCC)** is the most frequently occurring form of skin cancer. BCCs are abnormal, uncontrolled growths or lesions that arise in the skin's basal cells, which line the deepest layer of the epidermis. They often look like open sore, red patches, pink growths, shiny bumps, or scars. They usually occur on parts of the body excessively exposed to the sun, especially the face, ears, neck, scalp, shoulders, and back. Anyone with a history of sun exposure can develop BCC. This cancer almost never spreads beyond the original site. Treatment is usually performed on an outpatient basis and the types of treatment vary.

**Squamous cell carcinoma (SCC)** is the second most common form of skin cancer. It is an uncontrolled growth of abnormal cells arising from the squamous cells in the epidermis. They often look like scaly red patches, open sores, warts, or elevated growths with a central depression; they may crust or bleed. They may occur in all areas of the body but are most common in areas frequently exposed to the sun, such as the rim of the ear, lower lip, face, balding scalp, neck, hands, arms, and legs. BCCs can become disfiguring and sometimes deadly if allowed to grow.

**Melanoma** is the most dangerous form of skin cancer. It is caused by DNA damage to skin cells that triggers mutations that lead to tumors. These tumors originate in the pigment-producing melanocytes in the basal layer of the epidermis. If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body. Melanoma is the least common of the skin cancers but it causes the most deaths, more to men than women.

Because of the severity of melanoma, doctors have devised a checklist to help people identify a suspicious mole or spot on their body. It's known as the A-B-C-D-Es of melanoma.

*[Continued on next page]*

## Sun Safety Suggestions

- **A** stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
- **B** stands for borders. Is the border irregular or jagged?
- **C** is for color. Is the color uneven?
- **D** is for diameter. Is the mole or spot larger than a pea?
- **E** is for evolving. Has the mole or spot changed during the past few weeks or months?

### *How to be Sun Smart*

And now we come to the most important section: prevention or reduction of risk. Protection from UV radiation is important year round, even on cloudy days. UV rays also reflect off of surfaces like water, cement, sand, and snow. The hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure in the United States, and these rays are the greatest during the late spring and early summer. Therefore, ideally, you should do the following:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays. Sun can also cause cataracts.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher and both UVA and UVB protection.
- Avoid indoor tanning and sunlamps.

### *And Now, a Word About Sunscreen*

At the risk of repeating advice everyone has heard or read more than once, here are some very important (life-saving even) guidelines as to how to use sunscreen most effectively.

- Use enough. Depending on your body size, experts recommend using an ounce at a time (enough to fill a shot glass) when you're at the beach or around water.
- Make sure the product is labeled "broad spectrum protection" with an SPF of 15 to 50.
- Apply it at least 15 minutes before exposure.
- For extended outdoor activity, use a water-resistant, broad spectrum sunscreen with an SPF of 30 or higher.
- Waterproof lotion still must be reapplied after swimming.
- Even if you are not swimming, it is still advisable to reapply every two hours, especially if you've been sweating. A spokesman for the Skin Cancer Foundation, Dr. Steven Wang, tells his patients to "apply sunscreen as if they were adding a second coat of paint to a house." Start at the left ear, then the left arm and down to the left leg and foot, across to the right foot, and back to the right ear. (Don't forget the tops of your ears and feet.)
- Men may need to apply sunscreen to their scalps, and for those sunbathers who lie on their stomachs, don't forget the bottoms of your feet.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Although sunscreen in the form of cream and lotion is preferred, sprays can be useful. Make sure you do the spraying in a well-ventilated area and don't spray directly on the face. Windy days at the beach are not conducive to using sprays.
- Finally, sunscreen isn't limited to vacations near the water. Most dermatologists advise everyone to use sunscreen every day, as this will help slow the skin's aging process as well as prevent brown spots and wrinkles.



*“The gardens of  
kindness never  
fade.”*

- Greek Proverb

## Mary's Place by the Sea

*"Write troubles in sand and blessings in stone." - a sign on the wall in Mary's Place*

Women with cancer can never totally escape their disease, but if they're lucky they can take a vacation from it for a few days. This is the idea behind this New Jersey beach getaway, created by cancer survivor Michele Gannon and her friend Maria McKeon.

The three-story, 10-bedroom Victorian house with wraparound porches and a spa offers a respite to women battling cancer. In addition to benefiting from their proximity to the healing qualities of the ocean and beach, guests may also enjoy yoga, meditation, Reiki, massages, and nutritional information. Guests are invited to stay for just a day or a long weekend.

For more information go to [www.marysplacebythesea.org](http://www.marysplacebythesea.org). Here you can read details about the house and all the services it offers. You can even sign up to spend a day or weekend.



## Shrimp and Bull Roast

Saturday, October 6

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

Special—Purchase 9 tickets before September 14, get 1 free and a reserved table. 717-227-2824



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



**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

## 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

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)  
For more information  
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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