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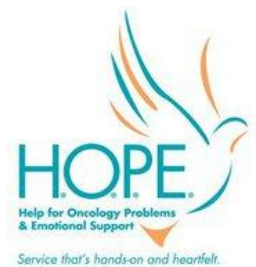
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H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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

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



Sunday, April 7

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

14th Annual Voices for Hope Benefit Banquet

**Thursday, May 2, 2019
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**

Support Group Meeting

Date: Wednesday, April 10
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: To be announced
Topic: To be announced

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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

H.O.P.E. is where it's at. It has been a godsend for thousands of people over the past 25 years. Cancer patients and their family members have received love and assistance as they endured the difficulties of their cancer journey. And Barb has done it primarily with volunteers and donations. Whenever she has reached out to her 'family' of helpers they have come through. Unfortunately we're having to reach out again.

Our **Patient Transport Service operation** is supported by an active and much-valued volunteer force who live and work in the local community and give up their time to assist in transporting mobile patients to and from doctors' appointments and treatment. This service is greatly relied upon and appreciated by our patients and their families. Unfortunately, our requests for transport have more than tripled since this time last year. This is due to the fact that the American Cancer Society has closed its office in York County and now has offices only in Hummelstown, Philadelphia, and Lancaster. The cancer centers that normally would contact the ACS for rides for their patients are now turning to H.O.P.E. to provide this service. Consequently we are picking up many new patients, but alas, we are not receiving any funds to help.

Here's where we're once again calling on you. We're looking for volunteers who are available between the hours of 7 a.m. and 5 p.m. You will determine the frequency and quantity of driving. As a volunteer you will not receive a salary, but just knowing that you have helped someone in need will certainly make you feel blessed. Our volunteer drivers must have fully comprehensive insurance, access to the internet and email, and of course a valid driver's license. If you have questions or wish to offer your services, please contact Carol at the office, 717-227-2824. For our patients this truly could mean the difference between life and death.



*"No one is
useless in this
world who
lightens the
burdens of
others."*

- Charles Dickens

On a lighter note. Don't forget to get your ticket for our spring **Bingo** event. It's far more than just bingo—door prizes, raffle prizes, Longaberger basket prizes, fantastic food and desserts, and lots and lots of bingo. What better way can you think of to spend a Sunday afternoon? And every donated non-perishable pantry item can be exchanged for a raffle ticket.

And a final reminder to reserve your seat for the **Voices for Hope Banquet** on Thursday, May 2. In recognition of our 25th anniversary, we're honoring three very special men who have been with us almost from the beginning. (Well, one has been there from the beginning—Barb's husband, Ed. And most of his service has probably been voluntary.) On the next pages you can read about these remarkable men. This gala event features a silent auction, cash bar, hors d'oeuvres, and three-course dinner. The keynote speaker is Zachary William, a local singer, songwriter, and cancer survivor, whose story you will find on page 5. Tickets are \$60 per person and the deadline is April 12. Contact Heather McCauliffe at 717-993-3778 or email her at mcauliffeh@comcast.net for tickets or information. Seating is limited and this will be an even more special banquet, so make sure you don't delay.

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

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



I am amazed, when I need help either feeding folks, finding Silent Auction items or assisting one of our cancer families, our friends, Phil and Donna Franco come to the rescue. They come thru with more than I asked for and more than what is needed! Our great friends brought to the H.O.P.E. Haven on several occasions home-made Rigatoni, Lasagna, Chili and Peanut Butter Brownies, to help feed our volunteer crews renovating at the H.O.P.E. Haven. Just this simple task has taken so much off my plate so I may focus on other issues involving the H.O.P.E. Haven and our regular

duties that need so much attention this time of year. Your friendship is a blessing to me and H.O.P.E.

Your Angel Wings are well deserved!

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. Honors Three Men Who Exemplify Its Mission

By Jeff Hoffman

Ed Titanish

Those who are familiar with H.O.P.E. will quickly agree that the annual Christmas Party is an event filled with joy, happiness, and kindness. Each year, this event is well attended by cancer patients, their families, and volunteers. One particular year found the second floor of the New Freedom Community Center (the long-time location for H.O.P.E.) especially crowded. Through the chaos of running children and chatting adults there was unfolding an easily unnoticed scene. An older man was sitting on the bench with a very young boy. The young boy appeared upset and the older man had wrapped his arm around this boy's shoulder and was leaning down to quietly speak to him. It was obvious the words being spoken were having a great calming effect on this boy. The man was Ed Titanish, and the little boy was his grandson.

Ed Titanish is a man who came from humble beginnings and who faced many challenges in his early life that could have broken him. Yet he followed a path that would place him directly in front of the woman who would later become his wife of almost 48 years. This woman, Barb Titanish, would become the Executive Director and Co-Founder of H.O.P.E. Throughout their many years together they have shared in many joyous moments as well as some sad moments. They managed to create a wonderful family that extended beyond their own children. The Titanish home was never too small for one more. Ed was successful at his job; and after seeing both their children off to college, it would have been so easy to relax and enjoy the later years of life. But as is often the case, life had a different path for Ed and Barb Titanish.

Throughout the 25 years that HOPE has been around, there have been many people that have served this incredible organization. Only a small handful have been there since the start, but none have been there as long as Ed Titanish.

We tend to throw around the title "Unsung Hero" but in this case, Ed Titanish has truly been the Unsung Hero of H.O.P.E. Working tirelessly behind the scenes for countless years while shying away from any recognition for the endless hours of work and support he has offered, Ed has traveled with Barb at all hours of the day and night in all kinds of weather. He has stepped up when others have stepped away. He has served as the rock-solid foundation of not only his family but many H.O.P.E. families as well. He has done all of this while maintaining a quiet, dignified, and compassionate demeanor.

Ralph Waldo Emerson wrote "It is not length of life, but depth of life." The depth of Ed Titanish's accomplishments could easily fill up several pages, and we would still not honor all the work he has tirelessly done for H.O.P.E. But like the grandfather who – amid the chaos of that Christmas Party – offered loving and compassionate advice to his grandson, Ed's accomplishments always show through his actions that service to humanity is the best work a man can perform.

Father "Cap"

A cancer patient defined hope as "the anticipation that something good will happen." Anticipation requires faith, and faith is the foundation of H.O.P.E. . While H.O.P.E. has never applied any religious test to the services it offers the community, one only needs to visit the H.O.P.E. office to see subtle hints that faith has always played a critical role in accomplishing H.O.P.E.'s mission.

Father Sylvan Capitani has always been an important ingredient when it comes to the creation and on-going purpose of H.O.P.E. . This man, the son of Italian immigrants, was born in Hershey, Pennsylvania. Never straying far from his roots, Father Capitani spent a significant part of his life as pastor at St. John's Catholic Church in New Freedom, Pennsylvania. It was there that he came to know one of his parishioners, Barb Titanish, the Executive Director and Co-Founder of H.O.P.E.

Prior to the creation of H.O.P.E. , Barb spent considerable time at church in prayer. Ever mindful of his flock, Father Capitani finally approached Barb after noticing her at church on many different occasions. As Barb fondly tells the story, she explained to Father Capitani that she had prayed and prayed for guidance about the creation of H.O.P.E. . It was at Father Capitani's suggestion to "stop praying and listen for what God has to say" that she got her answer. Not long thereafter, she started the process of creating H.O.P.E.

The Bible contains many stories and beautiful examples of shepherds. Christ refers to Himself as The Good Shepherd. The Pope has recently urged all Priests to serve their flock as good shepherds. Father Capitani has spent his entire life tending to his flock. In fact, the compassion and love he extends to those in his parish are just a small part of what he has offered our community.

Father Capitani's faith, devotion and love for his fellow man has served to inspire many cancer patients, both Catholics and non-Catholics, showing that there is such a thing as hope. His compassion and encouragement have allowed many to step forward and serve as leaders, caregivers, and supporters of H.O.P.E.

If you ever have an opportunity to visit H.O.P.E., you should be mindful to seek out the subtle signs of faith tucked away on the bookshelves, upon the desks, and on the walls that serve as a reminder that without faith there is no hope. And be aware that, without Father Capitani, there would be little faith within our walls.

Tom Note—Voices for Hope’s Third Honoree

By Jean Lillquist

One of our truly unsung volunteers, Tom Note has been quietly and actively helping H.O.P.E. for 20 years. Tom’s wife, Jo, was first diagnosed with cancer in 1982. After radiation and treatment she entered remission, but it recurred in 1992, soon after they moved from New Jersey to Maryland. Someone suggested they reach out to H.O.P.E. and Barb and her then smaller organization helped the Notes for the next six years, until Jo passed away. Tom has been giving back ever since. As he said, “Everyone who has been a caretaker for a loved one knows how much of your time and energy it requires. After my beloved Jo passed away in 1998, I had free time available to do some volunteer driving for H.O.P.E.”



“Service is the rent you pay for room on this earth.”

- Shirley Chisholm

Many of Barb’s patients know Tom as their driver. He has driven patients to doctors’ appointments, physical therapy sessions, and treatments. These can be long days but Tom finds them enjoyable because he loves meeting and helping people. And besides, while he’s waiting he gets a chance to read. For years Tom also donated platelets for H.O.P.E. patients. Platelets are cells in the blood that aid in clotting, and fewer people donate them because of the nearly three-hour process. Tom was never fazed by this extra length of time, though; he just brought a book to read!

Tom is the proud father of five children, all of whom still reside in New Jersey except his youngest daughter Kathy, who lives in New Freedom. In fact, Kathy left her friends and job in New Jersey to move to Maryland to help her dad take care of her mom. This close father-daughter bond has continued and the two share similar interests, namely flying in a small, two-seat plane which Tom built himself and is licensed to fly; taking road trips to North Carolina along the Blue Ridge Parkway on their motorcycles; and their tamest hobby, working on their classic British Triumph sports cars. Tom says his daughter is a “crackerjack mechanic.”

Tom is a modest, soft-spoken man who deflects praise from himself, but when it comes to Barb he is effusive. “Barb has been the most wonderful inspiration and help to my family and so many others,” he says. “It’s amazing to see how H.O.P.E. has grown from an informal group to a few volunteers to a registered charitable organization supported by so many volunteers helping entire families in so many ways.”

And Barb is no less effusive. “For the longest time volunteers thought Tom’s last name was ‘How I Love That Man.’ He’s done anything that I’ve asked of him and he never wants recognition. He and his wife Jo were the sweetest couple and he was a devoted husband.

Thanks, Volunteers!

April is Volunteer Month. How appropriate that we’re telling you about three of our super volunteers in this newsletter. Needless to say these men are not alone in this category. Over Barb’s 25 years of existence she has counted on hundreds of volunteers to develop and continue her mission of helping cancer patients and their families.

Did you know that for the first 16 years Barb was the ultimate H.O.P.E. volunteer? She had no salary, and you can only imagine much of the money spent was her own. Fortunately she now brings home a modest paycheck, and in the past five years has even added a fulltime paid assistant. But everyone else is a volunteer. Barb marvels at what these wonderful people have done and all the capacities in which they’ve helped. As she said, “It’s thanks to the many volunteers that we have been able to get to this point in the realization of our dream retreat.”

What do these volunteers do? Everything. They help organize and maintain the office, provide transportation, prepare food and go shopping to keep the pantry stocked, bake for events, help out at events, wrap Christmas presents, fill Easter baskets, pack back-to-school backpacks, and much more. Equally important are the volunteers who donate money and gift cards and buy tons of Christmas presents for the volunteers to put together for our cancer families. And most recently are the skilled construction guys who are doing major renovations and constructing new buildings for the retreat, Hope Haven. H.O.P.E. owes a huge debt of gratitude to the Kinsley Foundation who is providing these experts.

Local Musician and Brain Cancer Survivor Zachary William is the *Voices* Banquet Keynote Speaker

By Gwen Newman

Every day is a chance to live, and life after cancer can be better than before. That will be one of the key messages delivered Thursday, May 2, by Zachary William Zortman, a local musician who penned *Meant to Live* in honor of his aunt, Kathy Brown, who passed away from colon cancer in 2007. “I remember her coming to our home to say her goodbyes and how hard it was for the family.” Nine years later, in October 2016, Zortman would be diagnosed with a brain tumor. The artist credits his wife with unwavering support and will share more at the 2019 Voices for Hope event.

Zortman, our guest speaker, can recall three distinct events where he lost the ability to recall a word or even speak. “All three lapses occurred while I was on the phone talking to people at work. Initially, I just thought it was a brain freeze, nothing major, and disregarded it.” The first two lapses lasted just seconds, the third over a minute, while he was behind the wheel of a car.

His wife immediately sensed something wrong, got into the driver’s seat, and headed for West Chester Hospital, just outside Philadelphia. There, he would undergo a CAT scan and be diagnosed with a 5 cm brain tumor. “The hardest part was having to tell my parents I had cancer,” he recalled.

Immediately transported by ambulance to the University of Pennsylvania, he’d undergo further testing and within a week, undergo surgery. Though initially physicians believed the mass to be benign, a biopsy would reveal it was a Stage III malignancy. “That was probably the second hardest part.”

Fortunately, the medical team was able to perform a full resection – during a six-hour procedure where Zortman was partially awake - and learned the tumor had not spread. He underwent a year of chemotherapy and radiation therapy and has been cancer free for two years.

Zortman, 31, has since been interviewed on Ireland’s biggest radio station, which has featured prominent artists the likes of Ed Sheeran. And last year, a highlight included singing the national anthem in New York City on behalf of the National Brain Tumor Association. “It’s been real cool,” he says of the opportunity to share his story.

The musician, who will welcome a son in May, credits his wife, Annie, with being a staunch supporter every step of the way. “She had to quit her job and she was there for me. She didn’t leave. She did not go home. She was there the whole time and, behind the scenes, she would make her share of calls.”

Zortman’s *Meant to Live* can be found on Youtube and can be purchased on iTunes. A portion of the proceeds goes to his charity of choice, Keep Punching, a Baltimore-based foundation that supports brain cancer awareness and research. He will perform his song at the *Voices* Banquet.



*St. Paul United Church of Christ
Presents in Concert*

Troy D. Winemiller

In Honor of Cordelia Wolfe

*And remembering loved ones and friends
who have passed with cancer*

Special Guests

Lynn Henderson Payne—Vocalist
(First public performance in 5 years)

Ron Bellamy—Hand Bell Soloist

Carole Knisely—Pianist

Rachel Wertz—Vocalist

50-voice New Song Choir

April 28, 2019, 3 p.m.

St. Paul United Church of Christ

161 S. Main Street. Shrewsbury

717-235-7003

Love Offering to Benefit H.O.P.E.

Pathways Center for Grief and Loss

Is sponsoring an overnight weekend camp for grieving children ages 6-12.

- May 31-June 2
- Camp Chimaqua, Gretna Glen Camp and Retreat Center, Lebanon, PA
- Application deadline May 10.

Registration is available on a first-come, first-served basis. Registration fee is \$25, and financial assistance is available. www.pathwaysthroughgrief.org 717-391-2413

A trained buddy is individually paired with each child for companionship, support, and supervision throughout the weekend.

- **Raising HOPE Arts Festival** Sunday, Aug. 18
- **Take A Swing at Golf Tournament** Saturday, Aug. 24
- **Shrimp & Bull Roast** Saturday, Sept. 21
- **Craft & Vendor Show** Saturday, Oct. 19
- **Fall Bingo** To be announced



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)
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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