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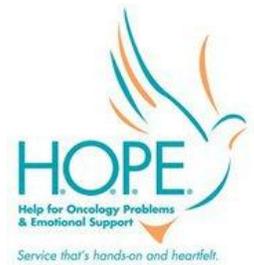
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H.O.P.E.'s Office Hours are Monday through Friday, 9:30–3. Please call in advance to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry

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

# 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

## Raising HOPE Through Art and Music

Sunday, August 18,  
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

### 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 (and of course refreshments!) on Wednesday, May 8, at 7 p.m. in the Serenity Room. Meet our 2019 Jeanette Cartwright Memorial Scholarship winners.*

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

Saturday, August 24  
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.

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*“The human spirit is stronger than anything that can happen to it.”*

- C.C. Scott

**FROM THE EDITOR’S DESK**

It is possible that the months of May and October are practically perfect. Nature gives us her most vibrant colors and moderate temperatures. The days are warm and the nights cool; extreme cold and heat are mere memories for a little while longer. Here’s hoping that you’re able to get out and enjoy this beautiful weather in as many ways as possible.

May is also a perfect H.O.P.E. month, in that we celebrate special people at two events. Our **Voices for Hope Banquet** recognizes extra-special volunteers who have made exemplary contributions to H.O.P.E. This year, in celebration of the 25<sup>th</sup> anniversary of H.O.P.E.’s founding, we are honoring three men who have been part of the family almost since its beginning. In fact, one of the honorees, Ed Titanish, has been around since the planning stages. A week later is the awarding of **scholarships** to outstanding high school seniors. These are students who have a close family connection to cancer; in many cases they are the students themselves who are the cancer patients. These kids have maintained high grade point averages, participated in a host of extra-curricular activities, served their communities in myriad ways, and been accepted to competitive colleges. All while the specter of cancer has been shadowing their family. Below are the names of our four scholarship recipients, and we’ll tell you more about them in the June newsletter.

The warm sunny days of May remind us that skin cancer is still very much with us. Curable if caught early for the most part, it is also preventable. Doctors and dermatologists recommend monthly self-checks to look for new moles or changes in existing ones as well as a yearly visit to a dermatologist. On pages 3, 4, and 5 of the newsletter you’ll find an overview of the three main different types of skin cancer, tips on protection and prevention, and an explanation of what to look for in a sunscreen.

**CONGRATULATIONS, SCHOLARS!**

***Cora Beyer—Red Lion Senior High School***  
***Alexander Guy—Delone Catholic High School***  
***Megan Hale—York Catholic High School***  
***Daelyn Stabler—New Oxford High School***

**H.O.P.E.’S ANGEL CORNER**

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

The parking lot was packed, the tables were filled, and the New Freedom Community Center was alive on Sunday, April 7, with the sounds of B-7, O-12, N-3, and **Bingo!** H.O.P.E. thanks all the volunteers and players for another wonderful bingo afternoon.



From the people who brought in homemade baked goods; to **Rafael and Kim Hernandez of Tasteful Occasions** who provided main dishes and an assortment of sides; to local businesses and friends who donated fantastic prizes and the ladies in the office who displayed them so beautifully; to all others who set up, served, and cleaned up afterward, all were instrumental in providing a fun-filled afternoon.

Special thanks go to the mastermind behind coordination of the event, **Chris Waltmeyer and Sis**. Caller **Terry Snook** earns accolades for keeping the games lively. Thanks also to **Ruby Alban** who made countless phone calls to round up the huge array of desserts. Once again, H.O.P.E. and its families are blessed to have so many wonderful people who have earned their Angel Wings.

*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!*

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## It Ain't All Fun in the Sun

Skin cancer holds the unfortunate distinction of being the world's most common cancer. When caught early, skin cancers are almost always curable. The skin cancer gender gap is unfortunately nothing new. We know that the majority of people diagnosed with melanoma are white men over age 55, and from ages 15 to 39, men are 55 percent more likely to die of melanoma than women in the same age group, possibly the result of a lifetime of unprotected sun exposure and poorer sun protection. However, until age 49, more women than men develop melanoma. Many experts attribute this to the use of tanning beds, as nearly 8 million women versus about 2 million men tan indoors.

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. According to the American Academy of Dermatology, approximately 9,500 Americans are diagnosed with skin cancer each day. Melanoma is the least common but the most dangerous of the three types and it causes the most deaths, more than 8,000 Americans each year.

### Basal Cell Carcinoma

Basal cell carcinoma (BCC) is the most common form of skin cancer, with about four million cases diagnosed in the U.S. every year. This kind of tumor arises from the skin's basal cells, which line the deepest layer of the epidermis, the outermost layer of the skin. BCCs are uncontrolled growths that can appear as open sores, scars, shiny bumps, or red patches. Sun-protective behaviors have an invaluable impact on reducing your risk of developing BCCs, which are usually caused by a combination of cumulative and intense, intermittent sun exposure.

The good news is that BCCs rarely metastasize (spread to other organs). However, if a tumor is not spotted early or properly treated, it can be locally destructive and cause significant scarring or even disfigurement. People can sometimes lose part of an ear or nose.

### Squamous Cell Carcinoma

Squamous cell carcinoma (SCC) is second to BCC in prevalence, but still affects more than one million people in the U.S. every year. These tumors arise from squamous cells, which are located on the upper levels of the epidermis, and can manifest as scaly red patches, warts, or open sores. They may crust or bleed.

SCCs are more dangerous than BCCs, as they have the potential to metastasize if not detected and treated at an early stage. Prevention is key—SCCs are mainly caused by cumulative ultraviolet (UV) radiation exposure over the course of a lifetime. The intense UV rays present in the summer months, those reflected off ice and snow in winter, and those coming from indoor tanning bed use all add up, contributing to skin damage that can lead to SCC.

### Melanoma

Melanoma is perhaps the best-known type of skin cancer, and for a troubling reason—it's the most dangerous form of the disease. It is the second most common cancer in people ages 15 to 29, and children are at a higher risk for melanoma than other skin cancers. Arising from pigment-producing melanocytes, melanomas can become very hard to treat and even be fatal if allowed to progress. If the cancer is caught early, however, a patient has an estimated five-year survival rate of 98 percent.

The majority of melanomas appear black or dark brown, but they can also appear pink, white, red, blue, or purple. The ABCDEs of melanoma are a good rule of thumb for identifying them. A= Asymmetry—one half is unlike the other half; B=Border—an irregular, scalloped, or poorly defined border; C= Color—varied from one area to another; D=Diameter—usually greater than 6mm (the size of a pencil eraser) when diagnosed, but may be smaller.

There can be a genetic component to melanoma; people whose first-degree relatives have had melanoma are at far greater risk of developing the disease. However, your habits in the sun are just as important: Intense, occasional UV exposure (the kind you may receive on a vacation in the tropics, typically leading to sunburn) can trigger tumors; on average, a person's risk for melanoma doubles if he or she has had more than five sunburns.

## Skin Cancers Are Preventable!

Ultraviolet radiation, whether from the sun or from a tanning bed, is a carcinogen, just like cigarettes are a carcinogen. And just as there's no safe amount of smoking, you can't get a little safe tan. The damage it does, even if it's just a bit here and there, adds up over time and contributes to overall aging as well as skin cancer.

Tanning beds are not safer than lying out in the sun. In fact, people who have ever used a tanning bed have a 67 percent increased risk of developing squamous cell carcinoma and a 29 percent increased risk of developing basal cell carcinoma. People who first use a tanning bed before age 35 increase their risk of melanoma by 75 percent. Melanoma is very prevalent in women in their early 20s, and a lot of that is attributed to tanning bed use. That's one of the reasons many states have restricted their use for minors.



### Clothing Is Key

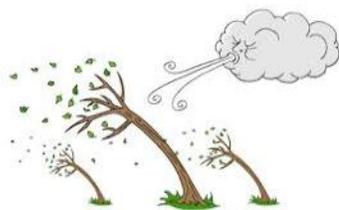
**Color:** The color of your clothing can affect how well it protects you from UV rays. Dark or bright colors, including red, black and navy blue, absorb more UV rays than lighter colors like whites and pastels. For example, an everyday white cotton T-shirt has a UPF of only about 5. As a rule of thumb, the more intense the hue, the better protection the clothing will provide.

**Construction:** Like color, the material, weave and texture of your clothing can affect how well it protects you from UV rays. Synthetic and semisynthetic fibers like polyester or rayon are the best choices for sun protection, as are dense, heavy, tightly woven fabrics like wool, denim or corduroy. On the opposite end of the spectrum are natural and lightweight fabrics (think: bleached or refined cotton, crepe, and silk), which tend to be thinner and let more light pass through.

**UPF:** Some clothing is specially made to provide sun protection and comes with an Ultraviolet Protection Factor (UPF) rating. This rating functions for clothing almost like an SPF rating does for sunscreen — it gives you an idea of how well a product will protect your skin from harmful UV rays. The number indicates what fraction of the sun's UV rays can penetrate the fabric. For example, a shirt with a UPF of 50 would allow just 1/50th of the sun's UV radiation to reach the skin.

**Size:** It's pretty obvious that the more skin you cover, the better protected you are. It can be easy to forget that the same thing applies to hats! The best hats for sun protection have a wide brim (3-inches or greater). They're a great way, along with UV-filtering sunglasses, to supplement daily sunscreen use in keeping your face safe from UV rays, and they can also help protect easy-to-forget spots like the tops of your ears and your scalp. Look for a tightly woven hat like a fedora, rather than, say, a loosely woven straw hat that allows UV to pass through its openings.

**Fit:** It may seem counterintuitive, but looser threads offer better protection than super-tight clothing! If a piece is too tight, that straining can cause fabric fibers to stretch or tear, allowing more UV to pass through the material. Don't forget to check the fit of your sunglasses too — a pair that slips down your nose is leaving your eyes at risk for sun damage. Look for sturdy sunglasses with wide lenses that cover the eyes, eyelids and as much of the surrounding areas as possible.



*“Strength grows  
in the moments  
when you think  
you can't go on  
but keep going  
anyway.”*

# All Sunscreens Are Not Alike

It's always important to read labels of products, but it helps if you understand what you're reading. Here's a detailed explanation the terminology that is found on sunscreen containers and what you should look for when you're purchasing this cancer preventative.

**Broad Spectrum:** It's essential for your sunscreen to offer broad spectrum protection, which means that it offers effective protection against both UVA (ultraviolet A) and UVB (ultraviolet B) rays, the solar wavelengths proven to damage the skin. UVA rays penetrate the skin more deeply than UVB, and are the chief cause of wrinkles, sagging and other signs of aging. UVB rays damage the skin's upper surface and are the main cause of sunburn. Both cause skin cancer.

**Sun Protection Factor (SPF):** SPF is a measure of how long a person can stay in the sun before its UVB rays start to burn the skin. Let's say with no sunscreen, your skin starts to redden in 20 minutes. An SPF 30 will theoretically allow you to stay in the sun 30 times longer without getting burned. But keep in mind that SPF numbers are determined in a lab. In the real world, no matter what the SPF, sunscreens start to lose effectiveness over time, so it's important to reapply every two hours and after swimming or heavy sweating. Also note that above SPF 50 the amount of additional sun protection is negligible. The Skin Cancer Foundation recommends always using a broad spectrum sunscreen with an SPF of 15 or higher – SPF 30 or higher for extended stays outdoors.

**Water-resistant:** The terms "water-resistant" and "sweat-resistant" indicate whether the sunscreen remains effective for 40 minutes or 80 minutes when you are swimming or sweating. Since no sunscreen is fully "waterproof" or "sweatproof," the FDA prohibits these terms.

**The Skin Cancer Foundation Seal of Recommendation:** Look for this seal to assure yourself that a product is safe and effective. Scientific data for each product that is submitted for the Seal of Recommendation is reviewed by a volunteer committee of renowned photobiologists – experts in the study of the interaction of ultraviolet radiation and the skin. The Daily Use Seal is awarded to sunscreens intended to protect against brief everyday sun exposures, the kind you experience walking to the car or running errands. The Active Seal is awarded to sunscreens intended to protect against prolonged sun exposure, like when you're exercising outdoors or spending the day at the beach.

**Active ingredients:** This area of the label, often on the back of the bottle, lists the main ingredients in sunscreens that protect your skin against UV rays. There are two main types of active sunscreen ingredients: chemical and physical. Chemical ingredients such as avobenzone

**Sunglasses:** While some contact lenses provide UV protection, they don't cover your whole eye, so you still need sunglasses. Look for ones that protect you from 99 to 100 percent of both UVA and UVB light. This includes those labeled as "UV 400," which blocks all light rays with wavelengths up to 400 nanometers. And here are a few more tips: bigger is better; darker lenses don't protect better; color doesn't matter; polarized lenses cut glare, not UV; and cost shouldn't be a factor. Oh, and don't forget to use sunscreen on those eyelids.

Join Us For the 7th Annual  
Better Father For It

Family Fun Walk



In Honor of Keith Humphries

Sunday, June 9

at the Hopewell Area Recreation Complex

Registration 8:30 AM

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



- Markets at Shrewbury Saturday, June 8
  - Shrimp & Bull Roast Saturday, Sept. 21
  - Craft & Vendor Show Saturday, Oct. 19
  - Fall Bingo To be announced
  - Murder Mystery Saturday, Nov. 16
- (Stay tuned for more details)

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."*

RETURN SERVICE REQUESTED

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