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

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. (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
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

Take a Swing at Cancer! 11th 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.

Support Group Meeting

Date: Wednesday, July 10
 Time: 7:00 p.m.
 Location: H.O.P.E. Serenity Room
 Speaker: Sue Flohr
 Topic: Lymphoma

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*“Hope is the
thing with
feathers
That perches in
the soul,
And sings the
tune without the
words,
And never stops
at all.*

- Emily Dickinson

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

Outdoor activities dominated the month of June for H.O.P.E., from the yard sale at the Shrewsbury Markets to progress at the H.O.P.E. Haven, to the Mid-Atlantic Women's Motorcycle Rally. Barb and Carol and volunteers were kept hopping.

Saturday June 8 was a beautiful spring day and patrons at the Shrewsbury Markets were in a buying mood. Volunteers were plentiful too, Carol, Cheryl, Deb and Barb S. were able to spend an enjoyable day in the fresh air.

Visits to the Haven occur regularly to check on progress or just to check in and marvel at the wonderful people who are giving so much of their time and skills to get the retreat ready for its guests. One recent volunteer is Boy Scout Daniel Sentman, who is building flower boxes and bird houses and a picnic table to earn his Eagle Scout badge. The flower boxes are completed and add color at the pool and the entrance of the office. River Rock Academy and other volunteers are clearing areas in the woods for guests to stroll, and, of course, there are the Kinsley apprentices who have helped remodel the main house, rebuilt the poolhouse, and remodeled the barn for offices. (Our new home!)

To wrap up the month Barb and Carol attended the motorcycle rally, held this year in Front Royal, Virginia. The three-day event was attended by 272 lady bikers who came from up and down the East Coast (Maine to Florida). The riders have become a second family to Barb, and she looks forward to seeing them and hearing updates on their lives. Their generosity has been overwhelming over the ten plus years they've been supporting H.O.P.E. In fact, H.O.P.E. has the lady riders to thank for bringing Carol to our office three years ago; Carol has been a member of the group for 27years. Barb calls finding Carol another of her 'Godwinks.'

The First Diagnosed Osteosarcoma?

Approximately 240 million years ago a Pappochelys, a shell-less relative of modern turtles, developed a malignant bone tumor on its femur. Its fossil was found by archaeologists in an ancient lakebed in Germany.

A paleontologist was intrigued by a jagged growth on the bone and she and colleagues took the femur to a hospital in Berlin for CT scans, which revealed the bone had not been broken. Disease was their next answer, but that would eat away at the bone, not build it up. A tumor was the next consideration, but they dismissed the possibility of it being a benign tumor as those are formed from cartilage and look different.

Conclusion: an osteosarcoma, a type of bone cancer. The paleontologist, Yara Hariday, explained the significance of her discovery, "What makes this really cool is that now we understand that cancer is basically a deeply rooted switch that can be turned on or off. It's not something that happened recently in our evolution. It's not something that happened early in human history, or even mammal history."

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

BY BARB TITANISH, PRESIDENT & CO-FOUNDER



For the past seven years, **A Better Father For It Walk** has taken place to benefit H.O.P.E. Unfortunately this year they had to postpone the event because **Keith Humphries**, the organizer of the event, was in the hospital. Even with the event on hold we have received over \$600 in honor of Keith. Since the event began A Better Father For It has donated over \$22,000 to H.O.P.E. as well as donating money to the York Health Foundation. These contributions show the love and respect for the Humphries' family from our small community.

Keith and his family have been great supporters of H.O.P.E. and we are all keeping them in our thoughts and prayers as Keith goes through this next round of his cancer journey.

Two “Lesser-Known” Cancers

July is sarcoma and bladder cancer awareness month. Why these two together? Possibly because they're relatively rare. Sarcoma, a cancer that grows in the connective tissue and is most common in bones, muscles, tendons, cartilage, nerves, fat and blood vessels in the arms and legs, affects about one percent of adults and slightly more children. Approximately 13,000 adults will be diagnosed with sarcoma a year, while between 1,500 and 1,700 children will be diagnosed with some type of it, making up about 15 percent of cancers in children. Bladder cancer occurs when bladder cells become abnormal and grow out of control, leading to the eventual formation of a tumor. This can spread to nearby lymph nodes and other organs. Bladder cancer accounts for just 5% of all new cancers in the U.S. Nevertheless, it is estimated that more than 17,000 deaths from this type of cancer will occur this year, and nearly three times as many will be men.

Sarcoma Cancer

Although there are more than 50 types of sarcoma, they can be grouped into two kinds: soft tissue sarcoma and bone sarcoma, or osteosarcoma. About 12,000 cases of soft tissue sarcoma and 1,000 new cases of bone sarcoma are diagnosed every year.

Soft-tissue sarcoma (STS) is a group of cancers that begin in the connective tissues that support and connect the body, including blood vessels, fat cells, lining of joints, lymph vessels, muscle, nerves, and tendons. When an STS begins and is small, it can go unnoticed because it usually does not cause problems. The first sign of a sarcoma in an arm, leg, or torso may be a painless lump or swelling; however, most lumps are not sarcoma. As it grows, it can interfere with the body's normal functions, so it's important that someone with a lump larger than two inches, or one that is growing, or is causing pain, see a doctor about it. People with sarcoma that starts in the abdomen may not have any symptoms, or they may have pain or a sense of fullness.

Scientists don't know exactly what causes most soft tissue sarcomas, but they have found some risk factors that can make a person more likely to develop these cancers. These include:

- Radiation given to treat other cancers
- Family cancer syndromes (Neurofibromatosis, Gardner syndrome, Li-Fraumeni syndrome, retinoblastoma, Werner syndrome, Gorlin syndrome, Tuberous sclerosis)
- Damaged lymph system
- Exposure to such chemicals as vinyl chloride, arsenic, phenoxyacetic acid.

If a person has a family history of any of the above conditions he or she might want to consult with a doctor about genetic testing which can detect genes that have mutated. However, no screening tests or exams are available for people who have no family history, so the best approach is to tell their health care provider about any unexplained lumps or growths or other symptoms. With osteosarcoma, symptoms include bone pain or tenderness, a mass that can be felt through the skin, increased pain with lifting with an arm, limping in a leg, or limited movement of a joint. This type of sarcoma tends to occur in children and young adults.

Bladder Cancer

Bladder cancer is a disease in which malignant cells form in the tissues of the bladder. Signs and symptoms include blood in the urine, frequent urination and pain during urination, and lower back pain. Men are four times more likely than women to be diagnosed with the disease, and the average age of diagnosis is 73.

Risk factors for bladder cancer include age over 55 years, using tobacco, especially smoking cigarettes; having a family history of bladder cancer; being exposed to paints, dyes, metals, or petroleum products in the workplace; past treatment with radiation therapy to the pelvis or with certain anticancer drugs such as cyclophosphamide or ifosfamide; drinking water from a well that has high levels of arsenic; using urinary catheters for a long time.

Bladder cancer begins when healthy cells in the bladder lining – most commonly urothelial cells – change and grow out of control, forming a tumor. Although there are three types of bladder cancer, 90% of cases begin in the urothelial cells found in the urinary tract. The earlier bladder cancer is found, the better the chance for successful treatment and cure. However, there is not yet a good screening test, so most people are diagnosed with the disease only after they have symptoms. As a result, some people have more advanced disease when the cancer is found. Treatment options can include surgery, chemotherapy, immunotherapy, targeted therapy, and radiation therapy.

[Information obtained from Cancer.Net, webmd.com., National Cancer Institute, cancer.org.]



*“If I can stop one
Heart from
breaking
I shall not live in
vain.
If I can ease one
Life the Aching
Or cool one Pain.
Or help one
fainting Robin
Unto his Nest
again
I shall not live in
Vain.”*

- Emily Dickinson

ATTENTION SAUBEL'S SHOPPERS

Please save your stamps for H.O.P.E. to get the free FABERWARE needed for the H.O.P.E. HAVEN. This runs until September 18th, 2019.

Thank you!

A Happy Story From Across the Pond

This past December a five-year-old boy in England was diagnosed with T-cell acute lymphoblastic leukemia, and his doctors said a stem cell donor was needed within three months for a transplant to save his life.

The boy's school set up a crowdfunding page in February to raise money to help the family. Through DKMS, an international marrow donor program, the school set up an event up for people to see if their bone marrow matched. The response stunned everyone; 200 volunteers helped register 1,800 people on the first day and over 3,000 on the second, who waited in line for hours in the pouring rain. Still another 1,000 registered online to become a donor. More 'swabbing' events held in four other locations in April brought in another 5,000 potential donors.

As of early May three donor matches had been found and the little boy with a big name, Oscar Saxelby-Lee, was awaiting his transplant. Chemotherapy was done to drive out the cancerous cells in his bone marrow, and six teeth that could potentially become infectious as his immune system became depleted were extracted. Finally, on May 28, the transfusion took place.

You can follow Oscar's progress on the Facebook page Hand in Hand for Oscar, which has also become a platform for helping other children with leukemia. Here is his mom's Facebook post for Day 33 after the transplant:

“It's been an emotional one today. Oscar attended his class assembly with Ozzybot which was difficult for us to watch as Oscar wasn't there and highlighted just how much he has missed that year, but the children included him in every way possible. It was Sports Day at school so Oscar went outside to watch his peers and also managed his very own egg and spoon race in the hospital.”



“Ozzybot”

Dogs Continue to be Man's Best Friend

After only eight weeks of training, three beagles successfully showed they are capable of identifying lung cancer by scent. The dogs, chosen for the superior ability to detect scents, were able to distinguish between blood serum samples taken from patients with malignant lung cancer and healthy controls with 97% accuracy. The dogs were led into a room with blood serum samples at nose level. After thoroughly sniffing a sample, the dogs sat down to indicate a positive finding for cancer or moved on if none was detected.

A second study is now underway. In this one the dogs are being trained to identify lung, breast, and colorectal cancer using samples of patients' breath that has been collected into a face mask. Scientists are hoping this will ultimately lead to an over-the-counter screening product consisting of a device that someone can breathe into and see a color change to indicate a positive or negative finding.

Everyone has heard stories of dogs detecting cancer in their owners. A Siberian husky in Illinois did this three times for her owner. In 2013 the woman had been taking antibiotics for what her doctors had diagnosed to be an ovarian cyst. The woman's two-year-old husky, Sierra, put her nose on her owner's belly and sniffed intently, and after repeating this two more times, went and hid in the back of a closet. The woman made an appointment with a gynecologist and weeks later was discovered to have stage 3 ovarian cancer. After undergoing a hysterectomy and rounds of chemo, she was declared cancer free. Until two years later when Sierra noticed something amiss and again hid in the closet. The cancer had reoccurred in the owner's liver and pelvic area.

Sierra's owner is now 52 and cancer free, and says she owes her life to her dog. Sierra's detecting hasn't been limited to her immediate family. When a friend visited she again fled to the closet and it turned out the friend also had ovarian cancer. And a worker came to the home to remodel the kitchen and when Sierra reacted by hiding the dog's owner and her husband notified the worker's boss because they felt it was the right thing to do.

Buy A Brick

Brick Sizes

4 x 8 \$100 8 x 8 \$250
 12 x 12 \$1000 24 x 24 \$2500

PLEASE VISIT

WWW.HOPELIFELINE.ORG/BUYABRICK

TO DOWNLOAD YOUR APPLICATION
 OR ORDER ONLINE VIA PAYPAL

Engraved commemorative bricks
 will be laid around our
 "Vacation from Cancer Retreat"

For more information
 Call the office 717-227-2824 or
assistant@hopeforcancerfamilies.org

Help
H.O.P.E.

Support
H.O.P.E. Haven

Deadline December 31, 2019

Baseball Under the Lights and Money For H.O.P.E.

York Revolution vs. New Britain Bees

Saturday, July 27

Gates open at 5:30; Game begins at 6:30

Tickets \$10.00

Food Voucher for hotdog, soda, and chips \$5.00

50% of ticket sales donated to H.O.P.E.

Tickets must be ordered by Monday, July 22.

Call Nate Tile at 717-801-4482 or email at
ntile@yorkrevolution.com, or purchase tickets
 online at <http://www.yorkrevolution.com/groups-hospitality/Group-theme-nights/>.



Shrimp and Bull Roast

Saturday, September 21

7—11 p.m.

Jarrettsville Gardens, Jarrettsville Fire Hall

3825 Federal Hill Road

Jarrettsville, MD 21084

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 1,
 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 6

10—1:30

York Motorcycle Club

2333 Whiteford Road (next to the Galleria Mall)

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



Annual Craft & Vendor Show

Saturday, October 19

8:30 a.m.—2 p.m.

New Freedom Community Building

50+ Crafters and Vendors

Lots of Holiday Gifts!

Chinese Auction, Raffle

Tasteful Occasions Fantastic Food

Admission: 2 Cans of Food for the Food Pantry

Interested in being a vendor?

Contact: 717-309-3824 or bspurlock50@aol.com



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."

H.O.P.E.
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