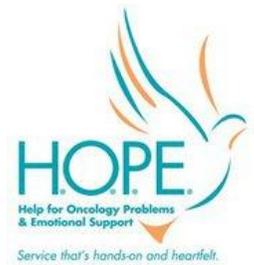


# H.O.P.E. LIFELINE



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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. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. 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: 717-244-2174 or 717-244-2161.

(E-mail: [barb@hopeforcancerfamilies.org](mailto:barb@hopeforcancerfamilies.org) [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org))

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H.O.P.E.**

**Support**

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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 717-244-2174.

Check our Facebook Site  
(HOPE Help for Oncology Problems  
and Emotional Support)

and our website

[www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org)

to find out when our monthly Support Group Meetings will return.

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## FROM THE EDITOR'S DESK

Welcome to month three of sheltering in place. At the writing of this newsletter parts of PA, including York County, are slowly reopening in the 'Yellow Phase,' with a variety of safety measures being put in place. Gatherings of over 25 people are still prohibited, child care facilities are being eased back into operation, retail operations are allowed to open with modifications, while indoor recreation, health, and wellness facilities and personal care services are still closed. You can eat out, sort of, provided you still carry it out or have the food delivered. Still up in the air is just about everything. Will swimming clubs open? Will kids attend summer camps? Will kids return to school in the fall? Will college campuses be open or continue to conduct classes online? Will there be a major league baseball season? Football?

Unfortunately H.O.P.E. has a few answers that were uncertain last issue. There will be no **Voices for Hope** event this year. Our honorees, the Three Amigos, will be feted next year, and fortunately we'll have the pleasure of hearing our speaker, Tricia Seaman. Tricia is an oncology nurse and the author of the book "God Gave Me You: A True Story of Love, Loss, and a Heaven-Sent Miracle," about her relationship as a nurse with a terminally ill cancer patient and her subsequent adoption of the woman's young son.

However, we do have a couple new, safe ways for our friends to help H.O.P.E. and have fun too. Sometime this summer we're having a **road rally**. The date is still to be announced (it will be a weekend), and the exact itinerary hasn't been firmed up, but everyone will meet in a central location and then drive to five different locations around York County. One will be a Bonkey's ice cream location, one or two will be parks, and one will be a winery. Check our facebook page for specific details or give the office a call at 717-244-2174 or 717-244-2161. Barb and Carol are still holding down the fort. Our other interesting fund raiser is a **raffle** based on the daily lottery. Thirty one prizes, valued at \$50 and up (all the way up to two Coach bags worth \$275 each), will be available to win for a mere \$20. The tickets are being printed as we speak, so coming soon to our website and facebook page (see addresses on front page) are the list of items being raffled and directions on how to get in on this great deal. Or you can call the office.

Even though our **scholarship winners** aren't sure about when and where their first official year of college will begin, we wanted to introduce these two very remarkable young ladies to you. Get to know Annabella and Georgia on the next page.

This time of social distancing and staying home is for some the first feeling of isolation they've experienced. However, **Kate Bowler** feels this a lot as a cancer patient. On page 4 she finds similarities between her daily life with cancer and the life all of us are experiencing now, and she offers some insight as to how we might cope and even find meaning in this.

And on page 5, since summer is just around the corner, we offer some important reminders about **sun and skin cancer**, since the outdoors is the first place we're finally allowed to venture into.

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

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

In these uncertain times we are so thankful for all our family and friends who supported H.O.P.E. in the Give Local York online fundraiser. As you know we had to cancel three major fundraisers and were praying to recoup some of our lost revenue. And we did!



Your generous outpouring of love and support was overwhelming. Because of these angels H.O.P.E. made over \$8,000 that day. Thank You all!

*“You have power over your mind—not outside events. Realize this, and you will find strength.”*

- Marcus Aurelius

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

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## H.O.P.E. Scholarship Winners —Two Future ‘Heroes’

Some of the people hit hardest in these times of uncertainty and fear are the students, particularly teens on the cusp of adulthood who have major decisions to make. This is especially true for the Class of 2020 graduates.

H.O.P.E. received its usual mailbag full of scholarship applications from outstanding high school seniors. The Scholarship Committee always has a tough time selecting the four winners, and this year its job was even more difficult because we can only award two due to financial constraints. Our winners have two things in common: they are both outstanding young women, and they both plan to pursue a degree in nursing. One because of the medical struggles her mother has been through, and the other because of her own medical struggles.

### *Anabella Jury*

Annabella (Bella) Jury is a graduate of West York Area High School. The second oldest of four children, Bella was 12 when her mother developed breast cancer in 2013. Five years earlier her mother had received a diagnosis of multiple sclerosis. Bella helped take care of her mother through her cancer surgery, chemotherapy, and radiation, and realized her goal in life was to be a registered nurse so that she could “take care of people and help get them healthy.” During this time Bella was learning to deal with her own health problems with a diagnosis of bipolar disorder when she was very young. Over the years, battling symptoms that included stress, anxiety, and depression, and taking over a dozen different medications, Bella worked to keep this illness from getting the better of her. And she succeeded, having been off medication for three years now.

In high school Bella threw herself into her classes, sports, other extra curricular activities, and volunteering. Her grades earned her honor roll status every year and her school’s “Lamp of Learning” award three years in a row; she played soccer and ran track; she helped with her school’s THON events; and she helps as a teacher’s aide at her church’s nursery and volunteers for MS. Her track coach asked her to mentor special education students for a Unified Track Team he is (hopefully) starting this coming fall.

Bella has already completed one college level course through Harrisburg Area Community College, which she plans to attend for her nursing degree. In his recommendation letter for Bella her chemistry teacher Andrew Rafferty said it best: “Sometimes as a teacher, I wish I could invest in students the way we invest in stocks. If this was possible, I can say with confidence that I would make a pretty penny investing in Bella.”

### *Georgia Cowie*

For most kids cancer and heart issues are abstracts they associate with adults. However, Hereford High School graduate Georgia Cowie has first-hand experience with both. In July 2016, when she was 14 years old, Georgia contracted viral myocarditis (inflammation of the heart muscle caused by a virus) and ultimately had to have a heart transplant to save her life. Almost a year to the date of her transplant she found herself back at Johns Hopkins Hospital with stomach pain that was diagnosed as cancer. Because of the strong immune-suppressant medications Georgia had been taking to prevent her new heart from being rejected, her body was overly immune depressed and she developed a type of lymphoma known as post-transplant lymphoproliferative disease (PTLD). Georgia went through five rounds of in-patient chemotherapy, spending nine and a half weeks in the hospital and being treated by both her oncologist and cardiologist. She told her mother later that the heart transplant “was a piece of cake compared to cancer.”

Yet somehow Georgia kept catching up, despite missing huge chunks of her first two years of high school. She made the honor roll both years (and the remaining two), was inducted into the National Honor Society in her junior year, played on the Varsity Badminton team, and volunteered through her membership in the school’s Key Club chapter. Much of this volunteering was to help pediatric cancer patients, from making cards and assembling gift bags, to donating toys, to serving meals at the Ronald McDonald House. She also found time to make cards and cupcakes and take them to residents in two retirement communities, help with two area food banks, and collect money for causes from Unicef to Defenders of Animal Rights to the water crisis in Africa.

Georgia was inspired by the nurses who took care of her at Hopkins. As she wrote in her essay, “Their warmth, compassion, professionalism, and skills saved by my life and got me through some very dark times. I don’t know what I would have done without them.” She is looking forward to attending Towson University where she will major in nursing, and she ultimately hopes to care for patients in the PICU or pediatric oncology unit, giving the same kind of care and support the nurses at Hopkins gave her.

# Realistic Words of Wisdom From a Cancer Patient

When Kate Bowler was 35 and a new mother, she learned in 2015 she had incurable cancer. Ms. Bowler is a professor and historian at Duke University and author of a best-selling memoir, "Everything Happens for a Reason: And Other Lies I've Loved." She also has a podcast titled "Everything Happens" and can be followed on Instagram.

Recently she was interviewed in the New York Times for an article on how to cope as a cancer patient during this difficult time. The headline of the article is as realistic as the title of her memoir: "Staying Positive Is Not Always Best: A Cancer Survivor Shares Her Lessons." As Kate says in the article, "The idea that we're all supposed to be positive all the time has become an American obsession. It gives us momentum and purpose to feel like the best is yet to come. But the problem is when it becomes a kind of poison, in which it expects that people who are suffering – which is pretty much everyone right now – are somehow always supposed to find the silver lining or not speak realistically about their circumstances.

"The main problem is that it adds shame to suffering, by just requiring everyone to be prescriptively joyful. If I see one more millionaire on Instagram yell that she is choosing joy, while selling journals in which stay-at-home-moms are supposed to write joy mantras, I am going to lose my mind!"

Kate also directly addressed **living with cancer**. "There was a rhythm I got into with cancer that has served me well right now. Every day sort of has an arc to it. There's a limited amount that you're going to be able to face as you stare into the abyss. Being able over the course of the day to track your own resources will help you know how to spend them.

"There's just a minute where you know, OK, I'm starting to hit the wall. Time to turn the boat around. There's only so much we can do, and in the face of unlimited need we have to not just wildly oscillate between sort of intense action and then narcolepsy."

And here's what she says about **finding meaning in this**. "The trick is to find meaning without being taught a lesson. A pandemic is not a judgment, and it will not discriminate between the deserving and the undeserving. I think moments like this reveal to me God's unbelievable love for us.

"The second I see all these nurses and doctors going out there trying to save somebody else's life, I realized it's such a window into how gorgeous it is to be a human being. And the more we see fragility, sometimes the more we understand what an incredible miracle it is to have been created at all."

And finally, **for those who pray and those who do not**. "For me, part of the joy of prayer is having abandoned the formula. I have no expectation that prayer works in a direct way. But I do hope that every person, religious or not, feels the permission to say: 'I'm at the edge of what I know. And in the face of the sea of abyss, someone out there please show me love.' Because that's, to me, the only thing that fills up the darkness."



*"Your present circumstances don't determine where you can go; they merely determine where you start."*

- Nido Qubein

## Important Announcement

Due to insurance regulations, we can no longer keep walkers, wheelchairs, canes, potty chairs, or shower chairs on the premises.

## Staying Safe in the Sun

As we cautiously poke our heads out our doors and contemplate re-entering the world, many of us look to the experts for guidance. And the experts unanimously say outdoors is better than indoors. Fortunately the weather is in our favor for this, but of course there's always a catch. This catch is skin cancer. Jane Brody, science writer for The New York Times, provides a recent of what to watch out for.

Last year was the Skin Cancer Foundation's 40<sup>th</sup> anniversary, and in honor of this it has a new alert message: "The Big See" – "see" as in look, and "C" as in cancer. If you see something anywhere on your skin that is new, changing, not healing, or doesn't seem right to you, the foundation's president, Dr. Deborah S. Sarnoff, urges you to get it checked out as soon as possible. For many years the foundation and others used the "ABCDE's" of skin cancer detection: A for asymmetry, B for irregular border, C for color (tan, brown, or black), D for diameter (usually larger than ¼ inch), and E for evolving. However, this is a bit complex and, moreover, many skin cancers don't fall neatly into this pattern. Hence the new, Tweet-worthy slogan.

While all forms of skin cancer, including basal cell carcinoma, can be fatal if ignored long enough, the most common life-threatening form is melanoma, which is diagnosed 192,000 times a year in the United States and claims 9,000 lives. More than five million nonmelanoma skin cancers are diagnosed annually in America, and every hour more than two people die from skin cancer even though it is the cancer everyone can see.

Most people don't realize that just five sunburns can double their chance of developing melanoma. They don't realize that sunlight can penetrate all windows except windshield glass in cars, pass through cloud cover, and be reflected by water, sand, and even concrete. The damage to DNA caused by ultraviolet A (UVA) and ultraviolet B (UVB) rays starts within minutes of sun exposure, and the body's immune defenses do not repair all of it, which can result in cancer-causing mutations over time. UVB causes sunburn, and UVA, in addition to causing sunburn and tanning, ages and wrinkles the skin. People with fair complexions, blue eyes, freckles, or a family history of skin cancer are especially susceptible to the cancer-inducing rays of sunlight. Therefore they are advised to always use a broad-spectrum sunscreen with an SPF of at least 30 and reapply it every two hours and after swimming. They are also urged to wear protective clothing and a hat when out during the day and be especially careful about being in the sun during peak hours, from 10 a.m. to 4 p.m. Babies and children are especially important to protect. Before six months of age, they should be kept out of the sun by using clothing, hats, blankets, and stroller shades; after six months, they can be slathered with sunscreen. And while they're young and think sunglasses are fun, get them used to wearing them.

None of this is new, but it is well worth repeating, as many of us may find ourselves spending far more time outside than we used to in our former lives.

## FYI

*As things continue to unfold, we will bring you more information about events and office hours. The best way to keep up with developments is by checking our Facebook page, H.O.P.E., which is updated regularly. In the meantime, here are the latest changes:*

- *Bingo. To be rescheduled.*
- *The Prom is rescheduled for September 5.*
- *As of now, the golf tournament is still scheduled for Saturday, August 22, at Hickory Heights Golf Club.*
- *The Bull Roast is still on. Saturday, October 3, at Jarrettsville Gardens, from 7-11 p.m.*
- *As we move into the yellow phase more volunteers will be returning to the office. We still don't know when we can return to 'full service.' However, the food pantry is still open, and we only ask that you please call the office to set up an appointment for the Food Pantry.*

## 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.)

There are five containers around the area.

- Community Center Building parking lot in New Freedom
- Stewartstown Presbyterian Church
- Old Mill Shopping Center in Fawn Grove
- Hametown Park
- The "Coop" in New Freedom



# Upcoming Events

H.O.P.E.'s Support Group Meeting  
2<sup>nd</sup> Wednesday of every month at 7pm

The Hope Haven Office

13275 Blymire Hollow Road, Stewartstown, PA

Everyone is Welcome!

(Cancer patients, care givers, families and friends)

For more information

Call 717-244-2174

**Temporarily cancelled**  
**will announce when we can start them again.**



*"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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