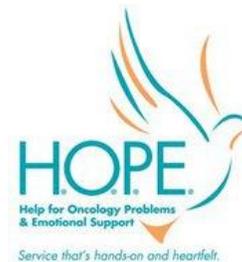




H.O.P.E. LIFELINE



H.O.P.E.
President/Co-Founder
Barb Titanish
Assistant Director
Carol Nelson
Board of Directors

Pete McGraw—Chair
Craig Sharnetzka—Vice Chair
Sue Holtzinger—Secretary
Stacey Orndorff—Treasurer
Melissa McDade
Cheryl Schroeder
Dr. Doug Prince
Jessica Rader
Barbara Spurlock
Amanda Pross
Chris Leftridge

H.O.P.E. Lifeline
Production Volunteers

Jean Lillquist—Editor
Jo Huber
Kay Joy
Cindy Moran
Lynn Snook
Marty Streett
Maria Ellis
Mae Liggitt
Roxanne McKinney

Mailing Address:
P.O. Box 279
Stewartstown, PA 17363

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 www.hopeforcancerfamilies.org)

Stewartstown and New Freedom Lions Clubs Bike, Run or Walk with the Lions 2021

Saturday, June 5th

Register today on Active.com:
<https://www.active.com/new-freedom-pa/cycling/races/bike-run-or-walk-with-the-lions-2021?int=>
Registration/check-in opens at 8:30 am. You may start anytime between 9 am—11 am. Participants will travel north along the rail trail towards Glen Rock. Go as far as you wish. There will be check points along the trail for completing 5, 10 or 20km.

All proceeds benefit:
H.O.P.E. * The YMCA * Stewartstown and New Freedom Lions Clubs

Join us at the Rail Trail at Marge Goodfellow Park, New Freedom, Pa

9 am—11 am

Take a Swing at Cancer! 13th Annual Golf Classic Tournament

Saturday, August 21
Hickory Heights Golf Course
Spring Grove, PA

**Continental Breakfast,
Lunch, Lots of Prizes**

**Hole-In-One on #4, 6, and
11 Wins Premium Choice
Cuater by Travis Mathew
Golf Packages**

Call 717-244-2174 or 717-244-2161 for information.

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.

Support Group Meeting

Date: Wednesday, June 16
Time: 7:00 p.m.
Location: H.O.P.E. Haven
Speaker: Everyone
Topic: Everything

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
Angel Corner	Pg. 2
2021 Scholarship Winners	Pg. 3
2021 Scholarship Winners	Pg. 4
"Between Two Kingdoms"	Pg. 5
Put These on You Calendar	Pg. 5

FROM THE EDITOR'S DESK

Nature is adding more and more color to her palette, and we are beginning to see more and more of people's faces. Tis a season of change and progress. As you can see by our calendar on page 5, more and more events are returning to the schedule. It's going to be a busy few months for Barb and her crew.

Speaking of the crew, Carol spent a Saturday in mid May at the Shrewsbury Amish Markets greeting old friends, making new ones, and selling raffle tickets for the 50/50 drawing to be held after the golf tournament at Hickory Heights on August 21. You don't have to be present to be a winner, so if you're interested in getting in on this big jackpot call the office—you only have a couple more months! Carol will also be representing H.O.P.E. at the end of May at the Mason-Dixon Car Show, where registrations fees are being donated to H.O.P.E.

Back at the ranch, (the Haven), work crews are putting more finishing touches on the house and grounds to get everything up and running in anticipation of fall occupancy. We had a great support group meeting there in May; anyone hearing the enthusiasm and laughter would never imagine these nine people were cancer patients. Community makes all the difference.

If you're in the market for laughter and friendship, the Voices for Hope banquet in September and Bull Roast in October offer plenty of both, in addition to great food. If it's exercise and nature you're in the mood for, join us at the Stewartstown and New Freedom Lions Club Bike, Run, or Walk event on Saturday, June 5. The \$25 registration fee covers participation, a goodie/snack bag, and entry in a special contest. Next month put Friday, July 9 and Saturday July 10 on your calendar so that you can bring your empty car(s) to an amazing multi-family yard/barn sale. Furniture of all types, antiques, grills, shop vacs, as well as books, DVDs and tapes, audio equipment, and a multitude of other miscellaneous items will be available at more than affordable prices. Even Longaberger baskets!

Every month our newsletter features information about the cancer represented by that month. In recognition of Cancer Survivors Month, this issue has an excerpt from a new book by Suleika Jaouad. The book, which just came out earlier this year, is titled *Between Two Kingdoms: A Memoir of Life Interrupted*. Jaouad takes the subtitle from her blog with the same name that she wrote for the *New York Times* during her treatment. The book is a moving account of her illness and recovery, and how she is learning to come to terms with the latter while never forgetting the former.

This newsletter is probably the one I most enjoy, and I hope our readers will share my enjoyment. I get to write about four amazing young adults—our scholarship winners. Every year I marvel at their many strengths, and this year is no different. The articles practically write themselves with the quotes taken from the personal essays the seniors write. Each senior's story is unique, but what they have in common is their resilience and optimism. We can sleep a little bit easier knowing our society is populated by amazing young people like them and many more.

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 wonderful family and friends who supported H.O.P.E. in **Give Local York** on May 7th. Your generous outpouring of love and support was overwhelming. Because of these angels we made over \$8,000 that day.

Talk about outpouring of love, Chris Waltemyer and Sis Markel felt disappointed we had to cancel, yet another, Bingo this Spring. So they stepped up and have created a Rada Cutterly Fundraiser. You may find this on our Facebook page. We received our first check for this ongoing fundraiser, so check it out! Thank you Chris & Sis!

Direct link to fundraiser:

<https://radafundraising.com?rfsn=5601230.da373e8>



“To learn to swim in the ocean of not-knowing – this is my constant work.”

- Suleika Jaouad

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, and she'll put you on our list. (And it will have color!)

Thanks!

* *H.O.P.E. 2021 Scholarship Winners* *

As with most other annual events that occurred in 2021, our scholarship program probably warrants an asterisk. What a nearly impossible school year these seniors had to navigate. Inside the school building part time, taking classes remotely, separated from friends, cheated out of all the milestone senior activities, conducting only 'virtual' college visits, these kids had challenges no one could ever have imagined. So it is amazing, but then again not really, that again our scholarship winners are such outstanding young men and women. Adversity continues to bring out the best in many of us.



Faith Beall

Faith Beall, like so many other of our scholarship recipients, had to grow up fast. She was only in third grade when her father was diagnosed with stage four, inoperable brain cancer. His attitude for the next two years was positive – Faith says he was the glue that held the family together. He even named his tumor “Earl.” After her father lost his battle with cancer Faith took on more responsibility in her family, doing much of the cooking and cleaning as well as all the grocery shopping. But she said that rather than be angry about the whole situation she took it as a time to learn.

Faith graduated from Fairfield Area High School and will be attending Penn State, Mont Alto, where she will earn a Bachelors of Science degree to become a registered nurse. To this end, Faith enrolled at the beginning of her junior year in the Allied Health program through the Adams County Technical Institute. She also continued with her core high school classes, including calculus and psychology, as well as the usual English, math, foreign language, and elective courses. Faith's grades kept her on the honor roll all four years and she also held a part-time job with Wellspan Gettysburg Hospital. When not attending classes (in person and virtually) or working, Faith was active in her school's Future Farmers of America program for three years and became one of the organization's leaders.

During her father's illness Faith said he taught her “everything I know about life” because he knew he wasn't going to be there to help her in the future. He reminded her that there are people in life who have it worse. Faith has lived by these words and that's part of the reason she wants to be an oncology nurse, so that she can “ensure that each patient is cared for to the best of my ability and that they are as happy as they can be under their circumstances.”

Vance Hagarman

Vance Hagarman is no stranger to cancer, having watched his uncle, mother, and grandmother battle different forms of it and seeing his grandmother succumb to it. Vance's Uncle Mark has been his inspiration and mentor in his plan of attending HAAC for automotive technology so that Vance can one day take over his uncle's automotive business. Mark was diagnosed with a rare type of stage four bone cancer and after 13 rounds of chemotherapy he is back to running his shop, with the help of daily medication.

Vance's mother received a stage two breast cancer diagnosis during his junior year. Despite his familiarity with his uncle's disease and treatment, Vance said he was surprised by the effects the treatment had on her. He expected the hair loss but was still taken aback by her bald head without its usual long hair. The treatments left her cold a lot of the time and with neuropathy in her fingers and toes, and even impacted her eyesight. One thing that hit him the hardest was how the chemo made her lose her sense of taste, because around the Thanksgiving and Christmas holidays she “would always make the food and this year she could not even taste the food she made for us.”

During Vance's four years attending New Oxford High School his academic and extra curricular accomplishments have been impressive. A distinguished honor roll scholar all four years, his classes included Algebra through to Level 4, Calculus I, II, and III, and AP U.S. Government, along with gifted seminars. He played in the concert band all four years, (well, technically since fourth grade) and ran cross country and other track and field events from seventh through 12th grades. He did this while still helping his Uncle Mark in his automotive shop.

Vance looks forward to the time when he can help his uncle manage his automotive business and ultimately continue it for him.

2021 Scholarship Winners

[continued from page 3]

Lucas Strickland

When Lucas Strickland's mother was diagnosed with a glioblastoma multiforme brain tumor shortly after he was born, no one was optimistic about her long-term chances. Yet, as Lucas wrote in his essay, "Here I am 18 years later writing my college applications with her by my side." Lucas said his mother "is my daily reminder of strength and endurance as she fought and beat the cancer that once threatened her life." She didn't survive unscathed, however; her surgery left with a left field vision deficit and unable to drive or work, so Lucas and his mom now live with her parents. Three years ago Lucas's uncle was diagnosed with and ultimately lost his life to a germ cell tumor, and more recently his grandfather has begun treatment for prostate cancer.

As have so many of H.O.P.E.'s scholarship winners with cancer in their immediate family, Lucas is looking to a career in medicine. He clearly has the ability and work ethic to achieve this and any other goals. An honor roll student the entire four years he attended York Suburban High School with such challenging academic classes as AP Chemistry, AP Calculus, AP Statistics, and Spanish V, Lucas is also a member of the National Honor Society, the National Hispanic Honor Society, and the Tri-M Music Honor Society. Music plays a huge role in Lucas's life. He has played in his school's concert and jazz bands, was selected to participate in a district jazz band, and won the Louis Armstrong Jazz Award. He also manages to find time to volunteer at the York County Food Bank, serve on the Advent Lutheran Church Council, and work part time.

Lucas has been an athlete his entire life, specializing in soccer and volleyball at Suburban. He has always been interested in not only how the body functions but how it recovers and regains function. Because of this he plans to pursue multiple degrees in physical therapy, culminating in a doctorate. His goal is to be able to help people with all levels of therapy needs. Lucas traces this desire back to his mother's treatments and seeing the positive effects physical therapy had throughout her rehabilitation.

Anna Hale

As stated in last month's newsletter, the local Pink Chapter has closed its doors. Nevertheless, it wanted to award a scholarship and asked H.O.P.E. to help select the recipient. We are proud to announce the winner, York Catholic High senior Anna Hale.

When Anna was only five and a half years old her mother died of breast cancer, leaving behind Anna, her father, and three older siblings. When Anna was in fourth grade she decided she wanted to be a nurse, and as she grew older her thoughts turned to which area of nursing she thought she'd want to specialize in. In her experience all nurses are pretty remarkable, but she remembers the love and care her mother's nurses gave her when she was a little girl. For this reason she wants to enter the field of pediatric nursing.

Reaching out and helping others seems to come naturally to Anna. Her school chose her to be its representative in the Future Leaders of York program for 2020 based on her academic proficiency, leadership qualities, and community service in and out of school. Anna worked with several non-profit organizations and met leaders in the medical community. At York Catholic Anna was an honor roll student and a member of the National Honor Society, served on the student council and as a student ambassador, played soccer and was an Irish dancer. Her favorite classes, anatomy, physiology, and AP Biology, give her a strong foundation for her medical pursuits.

Despite losing her mother at an early age, she is ever present in Anna's life as a role model and motivator. Before she died Anna's mother was a principal at a pre-school she and Anna's father owned. Anna said her mother taught her to love others even when they may not show that love in return. Anna seeks the opportunity to demonstrate her mother's loving nature in a profession where she can help others to "continue on in her memory and make the same mark on the world that she did."



"There are two seasons when the leaves are in their glory, their green and perfect youth in June and their ripe old age."

- H.D. Thoreau

Between Two Kingdoms—Trying to Figure Out How to Live Again After Cancer

When Suleika Jaouad graduated from Princeton in 2010, she was considering a career as a war correspondent. Instead, within months, she was diagnosed with a rare form of acute myeloid leukemia. She quickly found herself fighting for her life in New York City cancer wards, where she was given a 35 percent chance of survival.

Suleika started writing about what it’s like to face a life-threatening illness at 22. During her “incarceration”—months in isolation to prevent infections—she documented her grueling treatments. Writing first in a blog, then in a weekly column and videos for *The New York Times* called “Life, Interrupted,” her words generated an enormous response.

She endured nearly four years of treatments including multiple rounds of painful chemotherapy and a brutal clinical trial followed by a bone marrow transplant from her younger brother. And yet she says the hardest part of her illness was figuring out how to live again. Part of the solution was a road trip to visit some of the people who contacted her on her blog or emailed her after a column or video. She had only 100 days, because that was the length of time she could be away from her medical team, yet she mapped out an ambitious 15,000-mile route shaped by planned visits to people whose stories had moved her most.

From that road trip with her adopted terrier mutt Oscar came her book *Between Two Kingdoms: A Memoir of Life Interrupted*. Following is an excerpt from the beginning of Part Two of the book.

“Everyone who is born holds dual citizenship in the Kingdom of the Well and in the Kingdom of the Sick,” Susan Sontag wrote in Illness is Metaphor. Although we all prefer to use only the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place.

By the time I reached my last day of chemo I had spent the majority of my adult life in that other realm, the Kingdom of the Sick, no one cares to inhabit. Initially I clung to the hope of a short sojourn, one in which I wouldn’t have to unpack my bags. I revisited the label of cancer patient, believing I could remain the person I had been, but as I grew sicker, I watched my old self vanish. In the place of my name, I had been issued a patient ID number and learned to speak fluent medicalese. Even my molecular identity had morphed. When my brother’s stem cells engrafted in my marrow, my DNA had irreversibly mutated. With my bald head, pallor, and port, illness became the first thing that people noticed about me.

As months bled into years I adapted to this new land as best I could, befriended its inhabitants, even carved out a career within its confines. In its terrain I built a home accepting not only that I might stay there for a while, but that likely I would never leave. It was the outside world, the Kingdom of the Well, that had grown alien and frightening. But for me, for all patients, the end goal is eventually to leave the Kingdom of the Sick. In many cancer wards there’s a bell that patients ring on their last day of treatment, a ceremonial tolling that signals the transition. It’s time to say goodbye to the eerie and changeless fluorescence of hospital rooms. It’s time to step back into sunlight. It is where I find myself now on the threshold between an old, familiar state and an unknown future.

Cancer no longer lives in my blood but it lives on in other ways dominating my identity, my relationships, my work, and my thoughts. I’m done with chemo but I still have my port which my doctors are waiting to remove until I’m further out of the woods. I’m left with the question of how to repatriate myself to the Kingdom of the Well and whether I ever fully can. No treatment protocols or discharge instructions can guide this part of my trajectory. The way forward is going to have to be my own.

Add These Events to Your Summer (and Fall) Calendar!

H.O.P.E. Multi-Family Yard Sale 16580 Green Valley Court Stewartstown 17373	Fri, July 9 & Sat, July 10 8 a.m.—1 p.m.	Stay Wild - Life in the Outdoors Festival and H.O.P.E.’s Country Fair Hopewell Fish and Game Association	Saturday, Sept. 25
Golf Tournament Hickory Heights Golf Course	Saturday, August 21	Bull Roast Jarrettsville Gardens (our usual spot)	Saturday, Oct. 16
Twin Rose Lady Riders Ride for H.O.P.E. York Motorcycle Club (Any vehicles are invited to participate.)	Sunday, September 12 Begins 10 a.m.	Fall Bingo New Freedom Community Center Stay tuned for Road Rally and Craft and Vendor Show information. More details about every event will be included in future newsletters.	Sunday, Nov. 7
Voices for Hope Banquet Out Door Country Club	Thursday, September 16 5:30—9 p.m.		

H.O.P.E.'S
NEW ADDRESS

Physical Address:

13275 Blymire Hollow Rd., Stewartstown, PA 17363

Mailing Address:

P.O. Box 279, Stewartstown, PA 17363

Phone: 717-244-2174



"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."

Visit Us on the Web
www.hopelife.org
http://www.hopeforcancerfamilies.org
"Like" Us on Facebook:

RETURN SERVICE REQUESTED

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 244-2174

Nonprofit Org
U.S. Postage Paid
Permit No. 61
Shrewsbury, PA 17361