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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:

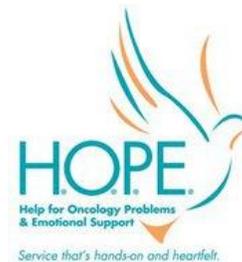
- Intake
- Wigs/hats/scarves
- Pantry

Please direct all calls to the H.O.P.E. office at **717-244-2174**.

Support Group Mtg.

Date: Wednesday, Sept. 8
 Time: 7:00 p.m.
 Location: H.O.P.E. Haven
 Speaker: Everyone

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. 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)



**16th Annual
 Voices for Hope
 Benefit Banquet**

**Thursday, September 16th
 5:30—9:30 p.m.**

Out Door Country Club

**Tickets \$80.00 per person
 (Table of 8, \$560)**

Order by August 27th.

**Features a Reception, Silent
 Auction, Dinner, & Presentation**

**For tickets,
 call 717-993-3778**

Or email mcauliff@comcast.net

Shrimp and Bull Roast

**Saturday, October 16
 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 & Dancing**

717-244-2174

**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**

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FROM THE EDITOR'S DESK

Buckle up because it's going to be an exciting couple months for Barb and Carol and event planners and attendees. Four fan favorites are coming...

Rev up your motors for the **Twin Rose Lady Riders Ride** for H.O.P.E. on Sunday, September 12 at the York Motorcycle Club. The ride begins at 10 a.m. and all vehicles are invited to participate. A few days later you are invited to the beautiful Out Door Country Club for our **Voices for Hope** Banquet. What a lovely way to return to a more normal schedule. The Banquet speaker is Tricia Seaman, an inpatient oncology nurse with Pinnacle Health Community General Osteopathic Hospital and the author of a book titled "God Gave Me You: A True Story of Love, Loss, and a Heaven-Sent Miracle." Seven years prior Tricia had met a terminally ill patient with a rare liver cancer who was a single mom of an eight-year-old son. The patient asked Tricia if she would raise her son after her death. You'll be spellbound to hear the details of this request and Tricia and her husband's decision. Our Banquet honorees this year are the three guys who have come to be known as the Three Amigos, and they are our 'Master Cards': their gifts just keep coming. On page 3 you can learn a little bit about these three amazing men. Created by Jeff Hoffman 16 years ago who oversaw it for many years, the Voices Banquet in recent years has been superbly shepherded by volunteer Heather McAuliffe.



“Although the world is very full of suffering, it is also full of the overcoming of it.”

- Helen Keller

A little more than a week later, on Saturday, September 25, the Hopewell Fish and Game Association has invited families to **Stay Wild**, a fun-filled day of outdoor activities and education. Kids won't know where to go first: learn how to shoot a bow and arrow, tour a fish hatchery, learn outdoor skills from the Association's Junior Rangers. While their kids are having fun parents will enjoy raffles, silent auctions, and lots of food. Once the sun starts to set there will be live music and more food. Plan to visit as early as you want (it starts at 8 a.m.) and stay well past dark (it ends at 9 p.m.).

Rest up for a couple weeks and then it's **Shrimp and Bull Roast** time. Same great location, Jarrettsville Gardens, same great food and entertainment, silent auction, 50-50s and other games. This is the event where you can let your hair down and hit the dance floor to work off some of the great food. And just a few weeks after that get your bingo dabbers ready for the ever popular **Fall Bingo**. Once again we'll be at our usual location, the New Freedom Community Center, on Sunday, November 7.

FYI ~ A reminder that the **Livestrong Program at the YMCA** begins on Tuesday, September 7. The 12-week program helps adult cancer survivors regain their physical, emotional, and spiritual strength. It is free, with two 90-minute sessions each week, and your choice of a morning or evening session. Go to www.yorkcoymca.org or call 717-235-0446 for information.

It's difficult to realize that cold weather will return, and it's never too soon to make sure you're ready. Our Three Amigos have been clearing, cutting, and stacking **firewood** to make sure that all their customers will be toasty this winter. For \$200 you will get a cord of hand-selected, precision-cut wood, delivered free to customers within 20 miles.

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

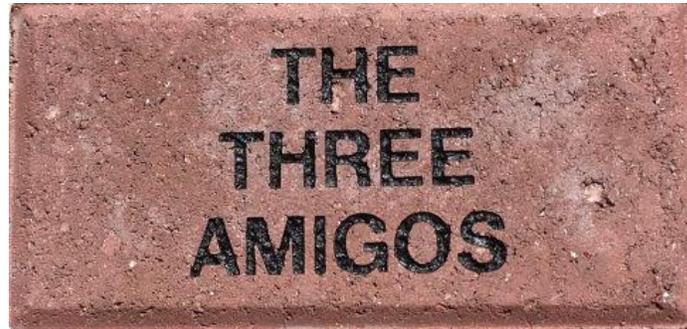
BY BARB TITANISH, PRESIDENT & CO-FOUNDER H.O.P.E.

Last month, in July, we had another Girl Scout Troup help out H.O.P.E. Troop #1822 located in Norrisville, MD created "HOPE" bags and donated them to H.O.P.E.'s cancer patients and caregivers.

This helped them earn their Bronze Award. The girls learned how to sew the bags and received donations to fill the bags with local products such as soaps, relaxing sprays and oils. These bags will bring much joy and relaxation to our patients and caregivers.



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!



Named the Three Amigos by Craig Snook, this trio of volunteers extraordinaire has been a godsend to Barb and everyone else involved with the more than three-year job of bringing Hope Haven into existence. Craig Snook, Greg Alban, and Mike Long have been part of the team from the start, and they've worked on almost every aspect of it, from tearing down to helping rebuild to painting to plumbing to clearing to cutting down trees to....well, you get the idea.

Barb has been blessed with 'godwinks' since she and her friend Jeanette Cartwright began H.O.P.E. more than 25 years ago. Craig, Mike, and Greg are three of those. All three men retired recently and jumped at the opportunity to help at the farm. Mike was the first 'amigo' recruited. Barb's husband Ed asked Mike to join the team for his plumbing expertise. You could say Craig was a bit blindsided; Barb knew his retirement date from his wife Lynn, a regular volunteer, so when Craig became available Barb pounced. Greg's wife Ruby, another longtime volunteer, told him about the project (he claims it was to 'keep me out of her hair') and he was able to fit it into his already packed rotation of volunteer gigs. All three brought knowledge and skills from previous jobs and did a lot of on-the-job learning as well. All three also downplay their contributions and defer compliments with a joke. Not only has everyone in the office appreciated what they've done, but they love having them around to lighten the physical and sometimes emotional load.

Mike Long has been on board since November of 2018 and has reported to 'work' daily. His most difficult job, the one he was recruited for, was reversing all the plumbing in the house. This was an involved, messy job. He also helped gut what was a workshop and is now the new office. After Kinsley Construction crews did their job, Mike and his compatriots painted and completed other tasks to get the house and office ready for occupancy, and then they helped move all three of the rooms from the Community Center – the office, serenity room, and pantry. When not working indoors they spent hours outside clearing the area around the buildings, hauling trash, and creating trails through the woods beyond. They've also been taking out trees and then cutting them into firewood to sell. They're still doing this. Mike shrugs off any praise, and says it is a blessing that Barb and Ed asked for his help. As for public recognition of his contributions, Mike said he and the others are "doing this because we are able to help. The cancer patients are the ones deserving of being honored."

Craig Snook joined the work crew in December and he still comes in almost daily. Our beautiful office building was once a broken-down workshop, and the guys knocked down the walls and took out all the electric wires to get it ready for Kinsley to rebuild. Then they moved on to the woods when weather permitted. This turned out to be a huge dumping grounds. They found old water heaters, part of a car, an old refrigerator, and other abandoned appliances. Altogether they hauled over 7,000 pounds of metal out of the woods to a recycling facility in Shrewsbury. Probably Craig's most gratifying contribution was the enlisting of students from The River Rock Academy. One day a week for 11 weeks, these 17 kids (boys and girls) from grades eight through 12 came to the farm and helped pick up the trash and do other tasks the Amigos oversaw. The kids were quick learners and excellent workers. It was a life-altering experience for the kids, and one of many that Craig and the other adults found fulfilling. As Craig said, "We do our best to define fulfillment with every day we set foot on the property."

According to **Greg Alban**, his job has consisted of "picking up loose ends and following Mike's orders." Nevertheless he can walk you around the Haven house and point out myriad contributions he has made, beginning in the garage which he helped paint to the house where he glued bannisters and installed bookcases in the library to more painting in the kitchen to staining and urethaning the pergola on the deck. And more. With Mike and Craig he has helped create four trails through the woods that are large and smooth enough to accommodate golf carts and, of course, walkers. And he is also part of the wood crew. Greg is the prototypical 'behind-the-scenes' guy and he's happiest "with a shovel and a broom."

Barb can't begin to put into words what the guys have meant to her and the realization of her dream. "They have made us laugh all the time and they're willing to do anything." Their presence has imbued the farm with warmth and character, and she expects them to still come around and check the 'honey-do' list that is hanging in the kitchen in the house.

As you can see by the 'headline,' our Three Amigos will be commemorated by a brick they purchased that will be part of the walk leading into the house. As if anyone needs a reminder of what they've done for us!

Prostate Cancer—Sneaky But Preventable

Each year there are nearly 250,000 new cases of prostate cancer in the United States, making it the third leading cause of cancer nationally, according to the American Cancer Society. In about 9 out of 10 men, the cancer is detected when it's still confined to the prostate or the region around it. Unfortunately, there usually aren't any early warning signs for this cancer. In rare cases, such symptoms might be cause for a man to contact his doctor for an evaluation:

- A need to urinate frequently, especially at night
- Difficulty starting or holding back urination
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in the urine or semen
- Pressure or pain in the rectum
- Pain or stiffness in the lower back, hips, pelvis, or thighs

There could be other causes for the above, and in fact, Prostatitis, or BPH (Benign Prostatic Hypertrophy, also known as enlargement of the prostate), are benign, more common diseases and can cause similar symptoms.

Screening

The debate continues over when and whether to routinely screen. This is partly because of the uniquely slow-moving nature of most cases of prostate cancer. The PSA (prostate-specific antigen) test was introduced in 1994 and the death rate from prostate cancer has dropped by more than half since its approval by the FDA. However, in many men identified as having prostate cancer following PSA screening, the disease is neither aggressive nor likely to kill them before something else does. In fact, a previously unknown prostate cancer is found at autopsy in more than a third of men who die in their 70s or older from some other cause. When a biopsy after an elevated PSA reveals cancer it can provoke considerable anxiety, and some men may choose to undergo unnecessary treatment that can cause impotence, incontinence, or both.

In May 2018 the United States Preventive Services Task Force concluded that for men aged 55 to 69, the decision to have a PSA test should be made jointly by patients and their doctors based on a man's preferences, values, and risk factors. But some prostate cancer cases present an immediate threat and need to be treated. When to start screening is generally based on individual risk. In men with no unusual prostate-related symptoms the following is recommended by the US Preventative Services Task Force as of 2017:

- Age 40 If there is a family history
- Age 45 If African American
- Age 50 No family history and not African American
- Ages 55-59 Discuss with doctor
- Over 70 Screening is not recommended

Risk Factors

There are a number of risk factors for prostate cancer, including racial background (African American men are 76% more likely to develop prostate cancer), geographical location (men who live north of 40 degrees latitude, north of Philadelphia, Columbus, Ohio, and Provo, Utah, have the highest risk for dying from prostate cancer of any men in the US due to a reduction in vitamin D levels from inadequate winter sunlight) family history, and age. Additional factors like smoking, a diet high in fat and processed carbohydrates, and consumption of too much calcium, seem to factor into more aggressive cases of prostate cancer.

Prevention

What can you do to help prevent the disease? Many of the suggestions apply to warding off any types of cancer and are recommendations for a healthy lifestyle in general. Eat fewer calories and exercise more, try to minimize your consumption of red meat and dairy products, eat more fish, particularly those rich in omega-3 fatty acids such as salmon, mackerel, herring, lake trout, sardines, and albacore tuna. Avoid trans fatty acids (found in margarine). Try to incorporate tomatoes that are cooked in olive oil and cruciferous vegetables like broccoli and cauliflower. Avoid smoking, and drink alcohol in moderation. Also, avoid over-the-counter 'megavitamins.' If you follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils you shouldn't need any artificial supplements. But remember, if you are age 50 or over, if you are age 40 or over and African American or have a family history of prostate cancer, you should consider a yearly rectal examination and PSA test, and you should discuss the risks and benefits of these screening procedures with your doctor.

[Continued on next page]

Prostate Cancer and Treatment Options

[Continued from page 4]

Active Surveillance

Not to be confused with 'watchful waiting,' active surveillance is not a do-nothing approach. Rather, patients are routinely monitored and referred for surgery or radiation therapy only if their cancer begins to grow or show molecular signs of aggression. Current estimates are that about half of men found to have prostate cancer could avoid radical treatment and its potential side effects if they were willing to live with having a cancer, albeit a seemingly benign one, in their bodies. These are men whose cancer is deemed, based on its biological characteristics, to be low-risk of progressing to a potentially life-threatening state.

Only if periodic exams reveal that a man's cancer is shown to be progressing to a more aggressive state would more radical treatment be considered. For men who choose active surveillance, this generally affects about 5 percent annually for the first five to 10 years. (Watchful waiting, which involves little or no monitoring, is still sometimes suggested but mainly reserved for men with a limited life expectancy for other reasons or those whose health status makes surgery inadvisable.)

Even biopsies are becoming a thing of the past. Biomarkers are being developed that can be used as an initial test. At a meeting of the American Urological Association, European researchers described six proteins in the blood that can serve as biomarkers to identify men with an elevated PSA who can safely avoid a biopsy. Of 474 men in their study, 60 percent of the negative biopsies could have been avoided, they reported. Doctors also now can use an MRI first and perform a biopsy only if and when a potentially serious lesion is revealed. High-resolution ultrasound may even become a simpler and less expensive alternative to an MRI.

Experimental Therapy for Advanced Prostate Cancer

In advanced prostate cancer, also known as stage IV, the cancer has already spread to other parts of the body. Men with advanced prostate cancer may experience a number of symptoms, including erectile dysfunction, bone pain, swelling in the legs, fatigue, and frequent infections.

Although there is currently no cure for advanced or metastatic prostate cancer, there are ways to slow the spread, help patients live longer, and control their symptoms. Treatment options can include immunotherapy, hormone therapy, chemotherapy, precision medicine, and clinical trials.

The latest experimental treatment relies on a radioactive molecule to target a protein found on the surface of prostate cancer cells. The treatment, called lutetium-177-PSMA-617, combines a compound that targets a protein on the surface of prostate cancer cells, called prostate-specific membrane antigen, or P.S.M.A., with a radioactive particle that attacks the cells. The protein, which can be detected by imaging scans, is almost exclusively on prostate cancer cells, and so the treatment causes less damage to surrounding tissue. This protein is found in more than 80 percent of cases.

A study was conducted on 831 patients with advanced disease in 10 countries for a median period of 20 months. All the men in the study had a form of metastatic cancer called castration-resistant prostate cancer (prostate cancer that is no longer responding to hormone therapy). All the patients had disease that progressed despite treatments with chemotherapy and hormonal therapy to suppress and block androgens. Participants were randomly assigned to receive the experimental treatment along with standard treatment or to continue standard care alone. After a median follow-up period of 20.9 months patients given the experimental treatment survived for a median of 15.3 months, compared with 11.3 months for those who received only standard care. Their tumors were more likely to shrink, their prostate-specific antigen levels were more likely to fall, and the risk of their cancer progressing was reduced by 60 percent.

DON'T FORGET...

Twin Rose Lady Riders Ride for H.O.P.E. Sun, Sept. 12
 York Motorcycle Club Begins 10 a.m.
 (Any vehicles are invited to participate.)

Fall Basket Bingo Sunday, Nov. 7
 New Freedom Community Center

IT'S BACK!

One Full Cord of Wood
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of Stewartstown

\$200  **\$200**

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“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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