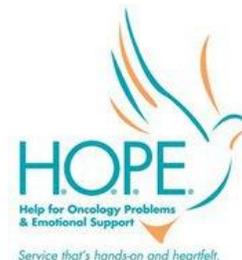


H.O.P.E. LIFELINE



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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, June 8

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

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.

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Saturday, June 11

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

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Physical Address:

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Stewartstown, PA 17363**

Phone: 717-244-2174

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FROM THE EDITOR'S DESK

Whew, what a May! And wow, what a May! It included a banquet, two dances, an online fundraiser, and scholarship presentations to four wonderful high school seniors. We raised money and mingled with lots of interesting, fun people.

Our **Voices for Hope Banquet** was a huge success as ever. Leigh Hurst, author of the book "Say Something Big: Feel Your Boobies. Find Your Voice," spoke movingly about the importance of self-exams and self-advocacy. Leigh diagnosed her breast cancer when she was only 33 (she discovered the lump at age 31 but was dismissed by doctors). Her book, which is available at H.O.P.E., features the stories of five breast cancer survivors whom Leigh met through her Feel Your Boobies foundation.

Two nights later over a 150 people gathered at the Eureka Volunteer Fire Department to enjoy an evening of **country music** and dancing and lots of tasty refreshments. Sandwiched in between those two live events was the online **Give Local York**, a 24-hour fundraiser for a myriad of local charitable organizations in the York County area. H.O.P.E. is grateful to the many, many generous donors who together contributed around \$10,000 in the one-day drive. Just a week after the benefit dance at Eureka was the popular **Adult Prom**, held at Wyndham Gardens in York. Over 300 people attended this evening of dancing and dining. A photo booth captured the moment for the attendees who were dressed in their finest. Special thanks go to **Ashley Crouse** and her committee who spent nearly a year planning and putting together this affair that raised over \$11,000 for H.O.P.E.

We mentioned the **scholarship presentation** that also took place in May. Every year for nearly two decades H.O.P.E. has been awarding scholarships to four outstanding high school seniors whose lives have been directly impacted by cancer, either their own or that of someone in their immediate family. Every year we receive 40 or more applications and the committee has to somehow select only four recipients from all of those. It is never easy. We'd like to recognize our committee of three who spend hours reading these applications and discussing their merits. Each application includes an essay by the student and three recommendation letters, as well as the usual course and grade statistics. We thank former educator **Tom McShane**, retire local businessman **Bob Scarborough**, and former educator **Scott Sharnetzka** for their time and diligence in selecting the four most outstanding candidates. These guys are given less than six weeks to complete this sensitive task. Bob Scarborough told Barb that before he sits down to read them he makes sure he has a full box of Kleenex because the students' essays are so moving. On pages three and four of this issue you get to know a little bit about these remarkable kids and see what makes them so exceptional.

And now a **Haven** update. Everything looks great and finishing touches are being applied. Barb is especially thrilled with the Veterans' Garden, located on the side lawn next to the fire pit. One donor, who is retired from the military, provided the flowers and bench, and the New Freedom VFW donated the money to purchase the eagle. In the back of this majestic eagle is an American flag that will be illuminated by lights from the top and bottom, a fitting beacon for our Haven for cancer patients and their families. (P.S.—We're planning to invite our first guest families later in June. More details to come on our website and facebook page.)

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

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

As you read in the **Editor's Desk** above, the beginning of May was a busy time for HOPE. We need to thank a few people for their involvement in these events. On May 5th we held the **16th Annual Voices for HOPE Banquet**. We wish to thank **Heather McAuliffe** and her committee for arranging such a wonderful event. The following day was **Give Local York** and we need to thank all the generous individuals who donated in support of HOPE. Then Saturday night, we were honored to receive the proceeds from the **Country Dance** organized by **Barb Spurlock** and her family and friends. The following Saturday was the **Adult Prom** organized by **Ashley Crouse** and her committee who hosted over 300 people at the Wyndham Hotel for a night of fun and dancing. I wish I could list everyone by name but that would be impossible. We do thank everyone for the time and energy you put into all these events. **You all have earned your Angel Wings.**



*"To give
without any
reward or any
notice, has a
special quality
of its own."*

- Anne Morrow
Lindbergh

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!

Introducing Four Outstanding High School Seniors

In the shadow of an ongoing pandemic and continued uncertainty in the world, there continues to be one positive note – our youth. As President John F. Kennedy said, “Children are the world’s most valuable resource and its best hope for the future.” Once more H.O.P.E. is proud to award scholarships to four outstanding high school seniors in recognition of their achievements and character.

Annabelle Biggs

In the first paragraph of her beautiful essay, Delone High School senior introduces herself as Dr. **Annabelle Violet Biggins**, large animal veterinarian. This has been her goal since the age of seven based on her love of animals and desire to help them. She also plans to volunteer her skills for the local ASPCA and one day travel to Africa to ‘live among the elephants.’

Family and her religion are the two driving forces in Annabelle’s life, and her mother’s diagnosis with stage 4 breast cancer and then the discovery of a tumor in her liver in 2017 brought those two forces into stronger focus. Statistically her mother had a 22 percent chance of living for two years after her diagnosis and a 2 percent chance of living cancer free. Now in her third year of complete remission, Annabelle’s mother receives immunotherapy treatment every three weeks to keep the cancer from returning. Annabelle calls her mother’s recovery a miracle, a combination of medical science, love, and many prayers. Always close to her mom, Annabelle now calls her every day after school just to touch base before she begins her afternoon extra curricular activities.

Among these extra curricular activities for Annabelle is cross country, which she has been doing since grade nine to follow in her older brother’s footsteps. Her coach knew her as a spectator and was happy to have her as a member of the team. In his recommendation letter he wrote the following about Annabelle: “By giving maximum effort, encouragement to her fellow runners and most importantly, a smile for everyone on and off the Cross Country team, she demonstrates her passion for life, for running with her team and the value that she places on everyone she meets.” These attributes led to Annabelle’s selection as the youngest captain of the team in the school’s history.

More accolades came from other teachers, who noted her work ethic, her membership in several honor societies and her leadership positions. To a person, these teachers praise her maturity and positive attitude and contributions to the school. As her Spiritual Life Director ended her letter: “I wholeheartedly give Annabelle my highest recommendation to receive the Jeanette Cartwright Memorial Scholarship. She will undoubtedly use it at Penn State University to benefit their community, as she has benefited ours.” This community will also encompass lots of animals down the road.

James Hook

James Hook is another scholarship recipient who knows what he wants to do and has been working toward it for a number of years. His two goals, while seeming somewhat incompatible, are merging nicely for him. One goal is to play golf in college, and he is on his way to achieving that with his acceptance to Stevenson University and a welcome with open arms from its golf coach. James’s career goal is to work in cybersecurity, and Stevenson has an excellent program. Plus while he is in college he can maintain his part time job in logistics support at Baltimore Golf.

James’s work ethic has been a part of him long prior to his high school years. In his essay he says he was taught that you work for what you want. His father’s disability and his mother’s breast cancer diagnosis, treatment, and yearlong recovery set the family back financially. He also has two younger siblings who will be college age in several years. James is planning to take as much responsibility as possible for his college expenses. James is also a believer in paying people back. His mother turned to H.O.P.E. during her cancer experience and it was only natural that James participate in the Take a Swing at Cancer tournament that year. But he wasn’t finished. James helped at the next year’s tournament as a ‘gofer,’ and is now a valued member (and its youngest!) of the golf committee. Among other contributions, he has called on his contacts in the golf world to help procure sponsors and prizes.

Sports coaches deal with the best and worst of others’ behavior. James’s golf coach had only praise for the teenage player. In his recommendation letter, his coach said James “was a respectful young man who wanted to set an example for the younger kids around him. He held his head high during warm-ups, before the match with his competitors, and after the round was over. Regardless of his performance, he ‘did the right thing.’” James’s ability won him the top spot in a tournament and qualified him for the National Under Armor Junior Golf Championship in Tampa, Florida.

Back to James’s other goal: cybersecurity. James intends to earn both an undergraduate and master’s degree in that growing field, so that he can “protect our country, our people, and our companies from cyber-crime.” It sounds as if we’re in good hands.

[See next page for other two scholarship winners]

2022 .H.O.P.E. Scholarship Winners

Madison Hutchison

Even though studies show that multitasking isn't possible, Kennard-Dale senior **Maddison (Maddie) Hutchison** seems to disprove that assertion. Maddie is an honors student, serves as lab intern for her chemistry teacher, participates in multiple extra-curricular activities, plays varsity soccer, and works part time at Giant. She's been accepted to West Virginia University and plans to earn a degree in forensics.

Cancer has been part of her family's life since Maddie was in fifth grade, when her mother was diagnosed with skin cancer. Surgery seemed to take care of it until Maddie was about to begin her junior year in high school, when her mother was diagnosed with stage 3B breast cancer and spent that year enduring multiple rounds of chemo, radiation, and surgeries. On top of that, she still made it to work when her disease allowed. (And she attended as many of Maddie's soccer games as she could.) This set for Maddie an example to emulate and she was determined to excel in academics and sports and even at work. Her mother was considered to be in remission in September of 2021 and is now undergoing a five-year program.

Maddie's GPA is above 4.0 thanks to the honors-level and above classes she has been taking since her freshman year. In her role as chemistry intern this year her responsibilities have included lab prep, tutoring, and even some teaching. Her chemistry class was through University of Pittsburgh. Her other classes this year include AP Statistics, also through University of Pittsburgh, AP English Composition, and Spanish V. A varsity soccer team member since her sophomore year, this year her teammates chose her as captain, and she was selected by the league to be part of the all-star team.

As with all of our scholarship winners, Maddie has become a stronger and more mature person through adversity. Her mother's strength is her model, and she wrote in her essay, "Since she was in a more severe stage of breast cancer it made me realize that I needed to be able to strive/succeed on my own and cherish the times where she could make it to my games and events." WVU is gaining a scholar and a leader.

William Pappas

Sports has always been a metaphor for life, although few high school students can articulate this as well as Hereford High School senior **Will Pappas**. In explaining in his essay his aspiration to work in the healthcare field as a physical or occupational therapist, he used his sport, lacrosse. Will wrote, "My position in the sport of lacrosse is attack. While scoring goals is one of the main expectations of this position, assisting teammates in scoring goals is arguably more important. We are stronger as a team than as individuals. The assists I give to my patients will have greater meaning than any I have given on a field, but the field is where I learned the value of putting others before myself."

It's possible Will inherited his talent for words from his mother. During her two-year ordeal with breast cancer, she shared her story with others on Caring Bridge. She was open with her family about all aspects of her disease and it brought them all closer, so close that when she got her head shaved Will and his younger brother had pink highlights added to their hair. As the boys' highlights grew out their mom's hair grew back. Will's family is part of a close-knit community that comes together in time of need, and these friends and neighbors came to their assistance with rides, food, and support just as his family had done for others in the past. After Will talks about this in his essay he adds a quote from Audrey Hepburn: "When you grow older you will discover that you have two hands, one for helping yourself, the other for helping others."

Stellar in the classroom and a standout on the lacrosse field (and no slouch as a writer), Will also has earned accolades from his boss of three years. Will works for a moving and storage company, and his boss and vice president of the company described him as a "self-motivated, intelligent, and pleasant individual who achieves his goals on a daily basis." In addition to school, lacrosse, and work, Will is also a member of the Fellowship of Christian athletes and volunteers for community service endeavors like Moveable Feast and First Fruits Farm.

Will also volunteered in a sensory regulation program with occupational therapists that works with adults with developmental disabilities. He has been accepted to James Madison University where he plans to earn a degree in Kinesiology with a concentration in Exercise Science. Sounds like an ideal career path for this compassionate, athletic young man.



"I feel the capacity to care is the thing which gives life its deepest significance."

- Pablo Casals

Cancer Survivor Updates: A Mixed Bag

June is cancer survivor month. As newsletter readers are probably aware, great strides have been made in the past decade or more in diagnosis and especially treatment. More people are surviving and living longer either cancer-free or with a handle on a chronic condition. Yet it is no surprise that the American Cancer Society recently reported that cancer diagnoses will increase this year. It estimates that nearly 2 million new cases of cancer are expected to be diagnosed and some 609,000 people will likely die from cancer in the U.S. in 2022. This is up from approximately 1.8 million new cases that likely occurred in 2021. Both figures - - for cases and deaths - - are the highest estimates made by the ACS since at least 2007.

Although the blame for this logically falls on the Covid-19 pandemic, experts say that these estimates were made based on complete data, which was only available through 2018 for cases and 2019 for deaths. Therefore the missed screenings and treatments of the past two years don't figure in this latest prediction, although they will certainly be factors in future reports.

So what are the causes of this predicted rise? Among the findings is that cases of breast cancer have been slowly increasing by about 0.5% every year. The author of the ACS report, Dr. Rebecca Siegel, an epidemiologist at the ACS, said that this rise is not because of an increase in screenings that detect the cancer but rather because more women are having fewer children later in life - - both of which are linked to an increased likelihood of breast cancer. She added that higher body weight also increases the risk of breast cancer and that increasing rates of obesity are likely a contributing factor. In addition, Black women are 40% more likely to die of breast cancer despite having lower rates than white women because minorities have traditionally had less access to high quality health care.

Still, there is some good news from the report. The risk of death from cancer overall has been declining continuously since 1991 with about 3.5 million cancer deaths avoided as of 2019. Also, cancer has become a curable or chronic disease for more Americans. Additionally, although lung cancer continues to be the leading cause of death in the U.S. - - with an estimated 350 deaths per day from lung cancer - - the three-year survival rate has increased from 21% in 2004 to 31%. Dr. Siegel said declines in smoking played a role, but the bigger factors are recent improvements in treatment and lung cancer being detected in early stages.

As always, life style is a key factor, stressing a healthy diet, regular exercise, weight control, no smoking, and low or zero alcohol consumption. But also important are cancer screenings. Dr. Siegel said, "We have a lot of effective screening tests now to prevent deaths from cancer and so, while none of these tests is perfect, being up to date and talking with your doctor about when you should screen can really help reduce your risk of dying from cancer."

Right Around the Bend....!

Ride For H.O.P.E.



Sunday, May 22. Twin Rose Charity Run, 10 am—1:30 pm.
Self-guided poker run starts and ends at York Motorcycle Club. \$15 per person.

Markets at Shrewsbury Booth

Saturday, June 11, The Markets at Shrewsbury, Susquehanna Trail. Attention, Quilters: We have all types of quilting supplies, including material, patterns, kits. A quilter's heaven!



H.O.P.E. Golf Tournament

Saturday, August 20, Hickory Heights Golf Course. (See ad on front page.)

PA Farmers Market Nutrition Program Vouchers

The York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture, will distribute fruit and vegetable vouchers to qualifying seniors. This program provides \$24 in vouchers to eligible County seniors to buy fresh fruit or vegetables from participating local farm markets. Vouchers will be distributed in person or by mail.

Total gross annual 2022 household income must be at or below \$25,142 (\$2,095/month) for an individual; \$33,874 (\$2,823/month) for a two-person household; \$42,606 (\$3,550/month) for a three-person household.

Vouchers are redeemable from June 1 through November 30. Qualifying seniors must be York County residents and be 60 years of age by December 31. Recipients can use the vouchers once per the 2022 program year. Proof of age and residency are required. (PA Driver's License or PA ID is recommended.)

The application can be completed online at https://yorkcountypa.gov/images/pdf/aging/2022_SFMNP_application_5-10.pdf and emailed to the address at the end.

Distribution of vouchers will take place from 9:30 am to 11:30 am at various locations around the County. Our closest are:

- Red Lion, on Friday, June 10 (20-C Gotham Place)
- New Freedom Community Building/Senior Center on Thursday, June 23 (150 E. Main Street)
- Stewartstown Senior Center on Wednesday, July 13 (26 S. Main Street)
- Brown's Orchards on Tuesday, July 19 (8892 Susquehanna Trail South, Loganville)

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