



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.

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Concert Against Cancer!

Featuring Troy Winemiller

***With special guest pianist
Carole Knisely***

Sunday, May 7, 3 p.m.

***St. Paul United Church
of Christ***

161 E. Main Street

Shrewsbury

***Enjoy songs from the Great
American Songbook***

Freewill Offering for HOPE



Saturday, June 10

12025 Susquehanna Trail

**Fresh produce, meat,
Amish bakery, gift shops,
and special guest
vendors.**

**Make sure you stop by
the H.O.P.E. booth!**

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

Scholarship Presentation!

Wednesday, May, 10, 7 p.m.
at the Haven. In place of the Support Group Meeting. All are invited!

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**

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FROM THE EDITOR'S DESK

April wasn't a cruel month for HOPE (sorry, T.S. Eliot) but it certainly was a busy one. Starting with a successful and fun Easter egg hunt for the younger kids, and followed a week later by an equally successful and fun adult prom for the 'older kids,' and culminating in a near standing-room-only Spring Bingo for all ages, there was something for everyone. May promises more of the same, as does June. (See list of upcoming events on page 5 of this newsletter.) Don't forget to donate for HOPE to **Give Local York**, only on Friday, May 5. Go to givelocallyork.org to donate anytime that day, up until 9 p.m.

May is **Skin Cancer Awareness Month**, and we have information about the types, causes, and methods of prevention on page 4. Did you know that

- 1 in 5 Americans will develop skin cancer by the age of 70
- More people are diagnosed with skin cancer each year in the US than all other cancers combined
- More than two people die of skin cancer in the US every hour
- Having five or more sunburns doubles your risk for melanoma
- When detected early, the five-year survival rate for melanoma is 99 percent?

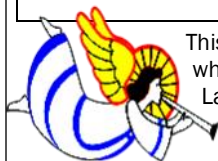
Here is an exciting news item about **melanoma treatment**: an experimental vaccine using messenger RNA (remember that term from the Covid vaccine trial days?) combined with the cancer immunotherapy drug pembrolizumab (Keytruda) "performed well in mid-stage testing in patients battling melanoma." After surgery and as long as a year on the pair of drugs, melanoma patients in the trial saw a 44 percent reduced risk of recurrence or death compared with the patients who received Keytruda alone. The Phase 2b trial involved 157 patients with Stage 3 or 4 melanoma that had spread to a lymph node and who faced a high risk of recurrence. Moderna, the drug company conducting the trial, is hoping to begin the FDA-required Phase 3 trial next year. And one more piece of melanoma news: a study conducted in Finland with 500 people discovered fewer cases of melanoma observed among regular users of vitamin D supplements than among non-users. People taking **vitamin D supplements** regularly also had a considerably lower risk of skin cancer, according to estimates by experienced dermatologists.

April was National Volunteer Month, and since a huge part of HOPE's success is due to its volunteers, we would like to give a shout out to all those amazing people, from the regular office 'staff' to the Board members to the people who help with events to the people who donate to the pantry and our back-to-school and Christmas drives to the organizations who provide support and sponsorship. Some of these volunteers go back a long way with Barb. One stands out among these many outstanding, and that is Marty Streett, who has been helping Barb almost daily for more than 15 years. Marty is HOPE's Head Elf, and you can read a little more about her on page 5.

HELP!!! The HOPE office is receiving many returned newsletters. When the post office returns newsletters it costs us 60+ cents apiece. Last month we were charged over 11 dollars for these. We're asking you to let us know if you are moving or no longer wish to have a newsletter mailed to you. This way we won't send a newsletter to that address and won't have to pay for it to be returned to us. Thank you!

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

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



This month we need to recognize Daria Bernard, Cheryl Schroeder, and Paula Thrasher who organized and ran the Easter Egg Hunt. We also must thank the face painter, Laura Sandman, who turned our little ones into fairies, butterflies and so much more.

A big shout out to Pat Cosden, who at the last moment brought the Foley family out to help that day along with Stephanie and Brooke Bosley.

As Jean stated April was a busy month, we also had a bingo where Chris Waltemyer and Tanja (AKA Sis) Markel who always do an awesome job of filling our baskets. We couldn't have the bingo without the regular volunteers who give their time and energy to make it happen by working the event and the wonderful volunteers who make all the goodies for us to sell.

The Adult Prom also took place in April, under the guidance of Ashley Crouse and her committee. They filled The Bond with lots of ladies in their beautiful gowns and men in their snazzy attire all wanting to have fun and support HOPE. They outdid themselves raising over \$15,000.

Thank you all for making all of our events happen. You sure have earned your angel wings.



"The habit of giving only enhances the desire to give."

~ Walt Whitman

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!

The "Dirty Dozen" and the "Clean Fifteen"

The days of homegrown veggies and fresh fruit are upon us, and most of us should probably eat more of these types of produce. As we've said before, the more colorful your plate of food is the better. However, this, as with everything, comes with an asterisk. Some fresh produce is better for us than others, and that isn't because of nutrition or flavor but the way it's grown.

We're talking about pesticides. Each year the Environmental Working Group, a nonprofit health organization, puts out a list it calls the "Dirty Dozen" that ranks produce items with the most pesticide residues. The new 2023 report found that nearly three-quarters of nonorganic fresh produce sold in the United States contains residues of potentially harmful pesticides. Some of the testing showed traces of pesticides long since banned by the Environmental Protection Agency (EPA). Although the US has banned certain chemical for use on crops, a report published in the scientific journal *Environmental Health* in June 2019 found that America lags behind other agricultural nations in banning harmful pesticides.

The health effects of pesticides depend on the type of chemical. The EPA warns that some classes of pesticide, such as organo-phosphates and carbamates, affect the nervous system. Others may increase cancer risk, irritate the skin or eyes, or affect the hormone or endocrine system in the body. An analysis of 83 studies regarding the health effects of food contaminants on young children published in the July 2021 issue of *Nutrients* revealed that chronic exposure can lead to developmental delays, disorder of the nervous, urinary, and immune systems, and to cardiovascular disease.

New additions to this year's "**Dirty Dozen**" list are blueberries and green beans. Celery and tomatoes were dropped off to make room for the newcomers. The researchers tested 46,569 samples of 46 fruits and vegetables to come up with their list of the 12 fruits and vegetables most contaminated with pesticides. They are, in order of worst first:

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Blueberries
- Green beans

To be fair, the EWG also publishes its "**Clean Fifteen**" list. Almost 65 percent of these produce samples had no detectable pesticide residues. Avocados and sweet corn were the cleanest produce; less than two percent of samples showed any detectable pesticides. The rest of the "Clean Fifteen," in the order of most squeaky clean, are:

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Mangoes
- Sweet potatoes
- Watermelon
- Carrots

Why Organic?

The term organic refers to the way agricultural products are grown and processed. While the regulations vary from country to country, in the U.S. organic crops must be grown without the use of synthetic herbicides, pesticides, and fertilizers, or bioengineered genes (GMOs). Organic foods often have more beneficial nutrients such as antioxidants, they contain fewer pesticides, and they're often fresher because they don't contain preservatives that make them last longer. Plus, organic farming tends to be better for the environment.

The USDA has set up an organic certification program that requires all organic food to meet strict government standards. These standards control how such food is grown, handled, and processed. Any product labeled as organic on the product description or packaging must be USDA certified.

Summer = Skin Cancer

(As in Over Three Million Americans Each Year)

Cancer develops when cells grow out of control. Skin cancer is the most frequently diagnosed type of cancer. Estimates suggest that more than three million people are diagnosed with skin cancer each year in the United States, and it is estimated that one in five Americans will develop it during their lifetime.

There are three main types of skin cancer: **basal cell**, **squamous cell**, and **melanoma**. The first two are the most common and are usually treatable. Melanoma is less common but more likely to spread and become life threatening. Basal and squamous cell skin cancers typically develop in areas exposed to the sun, but they can also occur elsewhere. Squamous cells make up the upper layer of the skin, or epidermis, while basal cells are found further down. As cancer progresses, it may involve the underlying deep layer of the skin, or dermis. Melanoma affects melanocytes, or pigment-producing cells in the skin.

Exposure to ultraviolet radiation (UV rays), both natural (from the sun) and artificial (tanning beds, gel manicure lamps, welding torches), causes most skin cancers. There are three types of UV rays:

- **UVA rays.** They have the least energy among the three. These rays cause skin cells to age and can cause some indirect damage to cells' DNA. UVA rays are mainly linked to long-term skin damage such as wrinkles, but they are also thought to play a role in some skin cancers.
- **UVB rays.** These have slightly more energy than UVA rays. They can damage the DNA in skin cells directly, and are the main rays that cause sunburn. They are also thought to cause most skin cancers.
- **UVC rays.** These have more energy than the other types of UV rays. Fortunately, because of this, they react with ozone high in our atmosphere and don't reach the ground, so they are not normally a risk factor for skin cancer. But UVC rays can also come from some man-made sources, such as arc welding torches, mercury lamps, and UV sanitizing bulbs used to kill bacteria and other germs.

A Few Words About Sunlight

Sunlight is an inflammatory reaction to UV radiation damage to the skin's outermost layers. At the heart of it all is melanin, a pigment that gives your skin its color and defends it against the sun's rays. Melanin works by darkening your unprotected sun-exposed skin. The amount of melanin you produce is determined by genetics, which is why some people get sunburned while others tan. Both are signs of cellular damage to the skin. For people with less melanin, prolonged unprotected sun exposure can cause skin cells to become red, swollen, and painful. (Sunburn.)

Sunlight is the main source of UV radiation, even though UV rays make up only a small portion of the sun's rays. Different types of UV rays reach the ground in different amounts. About 95% of the UV rays from the sun that reach the ground are UVA rays, with the remaining 5% being UVB rays. UV rays are strongest between 10 am. and 4 pm. They're stronger during spring and summer months. Even on a cloudy day the rays can get through. They also bounce off surfaces like water, sand, snow, pavement, or even grass, leading to an increase in exposure.

Warnings

Repeated sunburns raise your risk. For fair-skinned people, especially those with genetic predisposition, sunburn plays a clear role in developing melanoma. Research shows that UV rays that damage skin can also alter a tumor-suppressing gene, giving injured cells less chance to repair before progressing to cancer.

- People who work or play sports outdoors have a greater risk of frequent sunburns that can result in skin cancer.
- Even one blistering sunburn in childhood or adolescence more than doubles your chance of developing melanoma later in life.
- Skin damage builds up over time, starting with your very first sunburn.
- Five or more sunburns more than doubles your risk of developing potentially deadly melanoma.
- Only the windshields of cars are treated to block UVA rays. They can penetrate all other vehicle windows (and your windows at home).
- Using an indoor tanning bed increases the risk of melanoma 75 percent.
- Babies are more sensitive to sun exposure than older children. Keep them protected with clothing and other means until the age of six months when they are old enough for sunscreen. Then still keep them covered.

Here's to Our 'Head Elf,' Marty Street!

April is National Volunteer Month and HOPE would like to thank all our wonderful volunteers, but we would like to recognize one very special volunteer: **Marty Streett**. Marty is here every day helping out unless she is traveling. She retrieves our mail from the post office every morning and does a multitude of other tasks, but her most daunting role here at HOPE is that of the Head Elf.

Marty coordinates Christmas for all our families, and that is no easy task. Imagine getting Christmas for over 100 individuals. Her background as a 1st-grade teacher really comes into play. She cuts out over 250 mittens to go on the HOPE trees out in the community and puts a code on each mitten so that no one knows who the child is. She arranges the families who are adopted out by other families, keeps track of all the gifts as they come in, and oversees wrapping and labeling and organizing them by family. It is a chore I gladly handed over to her years ago to coordinate. Believe it or not, once back to school is over, she starts on Christmas.

Marty does so much here at HOPE that it could fill this newsletter. Where would HOPE be without the commitment of volunteers like Marty Streett! So, you can see why she is our Special Volunteer of the Month. Marty, thank you for your selfless service to the HOPE family.

How to Handle Fresh Produce

In addition to the pesticides, etc. that find their way onto and into the fresh vegetables and fruit, other methods of contamination loom large. During the growing phase, produce may be contaminated by animals, harmful substances in the soil or water, and poor hygiene among workers. After produce is harvested, it passes through many hands, increasing contamination risk. Here are some suggestions from the FDA for helping to minimize your risk of produce contamination:

- If possible, choose produce that isn't bruised or damaged, and make sure that pre-cut items – such as bags of lettuce or watermelon slices – are either refrigerated or on ice both in the store and at home.
- Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- If damage or bruising occurs before eating or handling, cut away the damaged or bruises areas before preparing or eating.
- Rinse produce before you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
- Gently rub produce while holding under plain running water.
- Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Remove the outermost leaves of a head of lettuce or cabbage.
- Store perishable produce in the refrigerator at or below 40 degrees.

Weekend Camp for Grieving Children June 9-11

Camp Dragonfly, Camp Hebron, Halifax PA

- For children ages 6-15.
- Specialized teen track, ages 13-15.
- Group sessions.
- Adult buddies.
- Horsemanship program.
- Fun camp activities.
- Parent/guardian session Sunday to learn about childhood grief.
- Free to attend; registration required.



Apply by May 1. bereavement@hospiceofcentralpa.org
(717) 732-1000



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|-----------------------------|---------------------------|
| Voices for Hope Banquet | Thursday, May 4 |
| Give Local | Friday, May 5 |
| Music Concert | Sunday, May 7 |
| Scholarship Awards | Wednesday, May 10 |
| Masonic Temple Car Show | Saturday, May 20 |
| Mason-Dixon Car Show | Saturday, May 27 |
| Markets Yard Sale | Saturday, June 10 |
| MAWMR | Thursday, June 15- |
| | Saturday, June 17 |
| Golf Tournament | Saturday, August 19 |
| Bull Roast | Saturday, Sept. 30 |
| Fall Bingo | Sunday, November 5 |

Visit Us on the Web
Www.hopelifeline.org
<http://www.hopelifeline.org>
"Like" Us on Facebook:



On Friday, May 5, go online to givelocalyork.org and donate to HOPE. Thank you!

"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."

RETURN SERVICE REQUESTED

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

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