

# 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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**Production Volunteers**

Jean Lillquist—Editor

Jo Huber

Kay Joy

Cindy Moran

Lynn Snook

Marty Streett

Maria Ellis

Jeannette Keech

Sandy Sharnetzka

Roxanne McKinney

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

Date: Wednesday, June 12

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Topic: Everything

## Gift Card and Raffle Tickets!

Battlefield HOG Chapter #4330

50/50 Raffle Ticket—\$5.00

Drawing Sunday, July 14, 2024

Do not have to be present to win.

([www.hopelifeline.org](http://www.hopelifeline.org) or 717-244-2174)



Where's the Beef?

\$500 Gift Card for Omaha Steaks

Tickets are \$5.00 or 3 for \$10.00

Drawing held at the Shrimp and Bull Roast, October 5th, at the Jarrettsville Gardens, MD.

Call the office **717-244-2174**



## Take a Swing at Cancer!

16th Annual Golf Classic  
Tournament

Saturday, August 17

Hickory Heights Golf  
Course

Spring Grove, PA

Continental Breakfast,  
Lunch, Lots of Prizes

Hole-In-One on #17 Wins  
\$5,000 for you/\$5,000 for  
H.O.P.E.

Call **717-244-2174** for  
information.



## 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

If you're thinking that sure was a fast month since the last newsletter, you're right – sorta. We're producing June's newsletter a bit early because Barb's right-hand assistant, Carol, is having a hip replacement at the end of May. And since Carol is key in, well, everything in the HOPE office, including getting out the newsletter, we had to move it up a bit for her. And us. So for the next month or so when you call the office you won't be hearing Carol's sweet, sunny voice at the other end of the line. I know we're all pulling for a smooth surgery and speedy recovery for her. Barb is especially.

Fortunately for HOPE, the big events of May are finished, and the next major ones aren't until the golf tournament in mid August and the Bull Roast in early October. But what a great month we just had. The **Adult Prom** was once again a huge success, thanks to the tireless work of Ashley and Vaughan Crouse and their committee of dedicated volunteers. On the heels of the Prom came our **Voices for Hope** banquet. The recipients of the award, Marty Streett and Donna and Phil Franco, have been part of the HOPE family practically since day one, so it was almost like a reunion of old and new friends. Our speaker, Nick Albert, spoke movingly of his cancer diagnosis and glowingly of his family's four-day stay at the Haven last summer.

No sooner had the Voices event ended then Barb had to hurry home to jump on her computer and rally the troops to go online and donate to **Give Local York**. This year something new was added, a block party Friday evening featuring tables and games and prizes offered by the six local organizations who were part of the 300 participating non-profits in Give Local York. HOPE's game was a small putting range, set up courtesy of Genesis Golf, which the littlest golfers flocked to. The final results aren't quite in, but as of this writing over \$7,300 was donated to HOPE during the 24-hour fundraiser. A huge thanks to all of you who took the time to help our cancer families.

The following week found Barb at the Haven for her favorite event of the year—the awarding of **scholarships** to four outstanding high school seniors. The Haven was a perfect spot for this gathering of students and their proud families. Three of the four have been accepted to Penn State main campus and they met and exchanged info so that on that campus of thousands they would have a small support group from day one. Speaking of **the Haven**, now is the time to schedule a four-day min-vacation from cancer where you spend your days and nights off the beaten path amidst flowers and trees and distant wildlife in a beautiful house with amazing amenities for the grown-ups and a pool and other entertainment for the kids.

**June is National Cancer Survivor month**, and we have a short article about mostly progress in that area. The bulk of this newsletter is devoted to our four super scholarship students; hopefully you'll be as blown away by their stories as we are.

A reminder of our new fundraising partner. **Arooga's Grille House and Sports Bar** is donating 15% of their patrons' guest checks to HOPE on Tuesday, June 4. Make sure you take the voucher at the bottom of page 4 so that HOPE will benefit from your fun. Coming up is our annual **Take a Swing at Cancer Golf Classic**, on Saturday, August 17. Foursomes sell out quickly, so be sure to make your reservation asap. Lots of prizes, food, and fun for a good cause.

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

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

The last few weeks have been crazy ones. First, the Adult Prom, Ashley, and her committee were able to pull off the largest money-making Prom since the beginning. THANK YOU! Then we want to thank our Voices for HOPE Committee for all their time and energy on yet another lovely evening. It is always wonderful to see everyone who has come year after year to this event. Voices had not even ended and Give Local York started. We need to thank all our wonderful donors for making this a great event. We also, have to thank the other 5 non-profits who invited us to join them this year for the GLY Block Party. Stewartstown Food Pantry, Stewartstown Senior Center, Mason Dixon Library, Affordable Housing, and the Teaching Museum. A special Thank you to Genesis Golf who helped make the HOPE booth one of the most popular. Thank you all for your commitment to our community and to HOPE.



*"After age 70,  
it's patch, patch,  
patch."*

~ Jimmy Stewart

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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## Four of the Class of 2024's Best and Brightest: HOPE's Scholarship Winners

*Every year our scholarship committee has its work cut out for them. The majority of the senior class applicants have outstanding qualifications. Yet somehow the committee agrees on the four who have that something extra. This year's winners have that and more. All have experienced cancer in their immediate families and were impacted at difficult times in their young lives; one winner herself was the cancer patient. Despite this, or possibly because of this, these four young people persevered and made their marks in the classroom, in student government, on the athletic fields, and in a wealth of community endeavors. As we've said every year, our country's future is in good hands with young people like these. (Incidentally, if you'd like to see photographs of the winners and their proud families, go to [www.hopelifeline.org](http://www.hopelifeline.org) or our facebook page.)*

### Ella Grace Benzel

All of our scholarship winners are lauded for their academic and extra-curricular achievements as well as outstanding personal attributes. **Ella Grace Benzel** demonstrates all the above, with special emphasis on her perseverance and leadership qualities.

The Bermudian Springs High School senior has experienced setbacks and upheavals in her life. In 2020, in the midst of the Covid lockdown, Ella's mother was diagnosed with breast cancer and Ella was unable to visit her mother in the hospital after her surgery. Ella's grandmother was diagnosed with breast cancer some years earlier, and although both women are now cancer free, Ella understands the necessity of monitoring her own health more than most of her peers must do.

When the Covid restrictions eased and schools were reopened, Ella returned to her two athletic loves, basketball and field hockey. As a junior she was chosen captain of the varsity basketball team. Unfortunately during that year, she tore her ACL in a game and went through surgery and nine months of physical therapy. She returned to become a starter in her senior year, and her coach wrote in his recommendation letter, "This demonstration of determination and willingness to fight through physical and mental discomfort was not only impressive but helped us win enough games to extend our season into Districts." Ella was also selected as captain of her varsity field hockey team her senior year.

Ella's academic achievements and talents earned her spots in both the National Honor Society and the National Art Honor Society. She served as treasurer for the FBLA (Future Business Leaders of America) and was a member of the student council. When not in school or on the playing field, Ella also volunteered at such community events as youth basketball camps, carnivals, and the Lions Club Easter egg hunts.

As is the case with more than 50 per cent of our scholarship recipients, Ella is planning on a career in the medical field, in her case physical or occupational therapy. Her intended major is kinesiology, and she has been accepted to Penn State main campus. Having been through a major injury and lengthy recuperation, Ella experienced first-hand the miracles of physical therapy. She explained her career goals in her essay, "I want to help people to get better, help them feel like themselves again, and maybe help athletes like myself try and get through the long recovery process that is both mentally and physically challenging."

### Emerson Davis

In the several decades HOPE has been awarding scholarships to outstanding high school seniors whose lives have been impacted by cancer in their immediate family, never have we had an applicant whose career goal is professional pilot. Hereford High School senior **Emerson Davis** has been "addicted to driving things" since she was a little girl sitting on her father's lap in the car and helping steer it up and down their driveway. She drove battery-powered mini cars, dirt bikes, a dune buggy she bought with her own money, and eventually, once she obtained her driver's license, a stick-shift car. These days she is taking classes that allow her to fly three days a week, all in preparation for intensive schooling to earn her professional pilot license.

It seems as if all our scholarship winners have somehow been gifted with extra time in their days. How else to explain Emerson's achievements both in school and beyond? AP and honors-level courses all four years; membership in the National Honor Society, the Spanish Honor Society, the National Technical Honor Society, and the Society of Women Engineers. Combine this with her extra-curricular activities as a varsity field hockey player; mentor for the Allied softball and bocce ball

*[continued on next page]*

## Meet Our Amazing Scholarship Winners

[continued from page 3]

teams as a buddy to students with special needs; and membership in Athletes Serving Athletes, UNICEF, and the Hereford High School Safety Chapter. Currently Emerson is working toward the Girl Scout Gold Award, the highest honor in scouting, the culmination of her 13 years as a Girl Scout. And since middle school she has been volunteering at an animal sanctuary and the First Fruits Farm. Not to mention her jobs as babysitter, pet walker and sitter, and house sitter.

Looking back, Emerson said in her essay, she realized she was a “Daddy’s girl.” Her father coached her in field hockey and lacrosse, taught her to love the Ravens, rode dirt bikes with her, and took her fishing and crawfish catching in a nearby creek. That camaraderie was cut short for Emerson at age nine, when her father died a year after being diagnosed with esophageal cancer, leaving a bereft daughter as well as two other children and a grief-stricken wife. Emerson’s now single mother of three “lost the love of her life but never failed to keep pushing her kids to do their best, dream big, and is always someone we can lean on no matter what,” Emerson said in her essay.

Emerson’s dad was in the Air Force as a B52G Aircraft Crew Chief and then became a senior aviation safety inspector at the FAA. Hence, Emerson’s fascination with flying. She wrote in her essay that she was applying for the scholarship “because of the impact my dad had on me and the way he led me to my path of wanting to become a pilot.” “The cancer diagnosis has impacted my life by a great deal, but I do know that he is watching every little thing I do and smiling at all my little accomplishments in life.” As all who know Emerson would attest, these accomplishments are anything but little and will continue to grow as she does.

### Aiden Shepro


Three of our four scholarship winners will be pursuing careers in medicine. One of these, Dover Area High School senior **Aiden Shepro**, is planning to major in biochemistry and molecular biology at Penn State in preparation for medical school and ultimately a job as a radiation oncologist. Aiden’s dad was diagnosed with throat cancer when Aiden was eight and lost his battle a year later. Aiden wants to go into this career “in an effort to prevent this same tragedy from afflicting other families.” As Aiden wrote next in his scholarship application essay, “I think my biggest goal is to see a little boy hug his dad on the last day of therapy knowing that he will have that opportunity to grow up with him.”

This college double major should pose no problem for Aiden, who has earned As in AP Chemistry, Forensic Science, Honors Chemistry, Anatomy & Physiology, AP Biology, Honors Physics, and AP Calculus A & B. Actually, all of Aiden’s grades in all his classes over his four years of high school have been As. In addition to these academic achievements, Aiden has been the treasurer for his Class of 2024 all four years, has served on the school’s student council for four years and been its vice president the past three, qualified for the Varsity Club as a sophomore and the National Honor Society as a junior. As an Eagle Ambassador, another organization to which he has belonged for three years, he acts as a ‘big brother’ to freshmen to help them in their transition to high school.

Beyond the classroom Aiden has been playing soccer almost as long as he’s been around, 15 of his 18 years. He was captain of his soccer team in his junior and senior years. His youth soccer coach of six years described Aiden as a “selfless, team-oriented person and player, willing to play any position or do any job to help his team succeed.” Aiden also ran track and field and served as its captain his senior year.

Money has been tight in Aiden’s family and especially now, with his older brother recently graduating from college and Aiden about to enter. Aiden has been working at a local Giant for two years where he started as a cashier and was promoted to customer service representative. He plans on working there until he leaves for school.

Down the road Aiden intends to reimburse his mother for what she has to put toward his college tuition, and way down the road he would like to get her a “nice, small house closer to the shore where she can finally relax with a small dog after all of her sacrifices.”

<p>Please hand voucher into your server or bartender to attach to your receipt to receive proper credit.</p> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>1211 Haines Rd. York, Pa</p> </div> <p style="text-align: center;">YOUR LOCATION STAMP HERE</p>	<p style="text-align: center;"><i>Funds for Friends</i></p> <p style="text-align: center;">Help for Oncological Problems &amp; Emotional Support</p> <hr/> <p style="text-align: center;"><b>ORGANIZATION</b></p> <p style="text-align: center;">June 4, 2024 DATE OF EVENT</p> <p style="text-align: center;">Dine at this Arooga's Grille House &amp; Sports Bar location on the above indicated date &amp; 15% of your guest check will be donated to the above organization/charity.</p> <p style="text-align: center; font-size: small;">15% donation not valid on specials. Coupons/Discounts must be distributed prior to event date. Any solicitation on site will result in forfeit of all monies to your organization/charity.</p>
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## Our Final Scholarship Winner (Alphabetically!)

Most of our scholarship candidates describe poignantly how cancer in a close family member has affected their lives. Each of their stories is unique and inspiring. A small percentage of these students are cancer survivors themselves, and their stories are even more amazing.

One of our winners this year is **Keira Woods**, a Susquehannock senior, and her story is almost impossible to imagine. Not only did Keira battle cancer for several years, but during this time her older brother was severely injured by a car while riding his bike and had to relearn to walk and talk, Keira's mother's parents both developed life-threatening conditions, and Keira's mother herself was diagnosed with skin cancer.

Keira was diagnosed in 2018 with a rare form of leukemia and in 2022 had a bone marrow transplant which was her only hope. Here is the very moving, introductory paragraph of Keira's scholarship application essay:

"My junior and senior years of high school were not what I expected, but it put me on the path to a career in nursing. While my friends were touring colleges, I was touring the transplant wing of the oncology unit at Penn State Hershey Children's Hospital. While they were preparing for the SAT, I was preparing for my egg harvesting procedure by giving myself daily IVF injections in the hopes that one day I may be able to have children. Their summer plans included summer jobs and vacations to the beach. My 2023 summer plans were living in a hospital room with one window, hooked up to multiple IVs 24 hours a day, and isolated from everyone except my mom and dad, who took turns staying overnight with me."

Keira's younger sister was her bone marrow donor, and after months of pain and slow recovery, Keira was able to return to school full-time for her senior year. Despite the time missed in other years due to her illness, Keira will graduate near the top of her class as a member of the National Honor Society, as well as a cheerleader, a 'Big Buddy' to an elementary school child, president of the school's 'Unified Club' which focuses on awareness of inclusion of those with learning and/or physical disabilities, a yearbook editor, and the Homecoming Queen.

Inspired by one of her oncology nurses, a young woman named Nicole, Keira plans to pursue a career in that field. As she wrote in her essay: "[Nicole] opened my eyes to a side of nursing that I had not considered. Combining her clinical knowledge and emotional intelligence, she was able to be the calm in my storm... What she did for me is precisely what I want to do for another child."

### Good News (and a Little Bad) About Cancer Survivorship

June is National Cancer Survivor month. Among our scholarship winners we have examples of three cancer survivors, including one student herself. According to the American Cancer Society, overall cancer mortality has dropped by 33 per cent since 1991, averting an estimated 3.8 million cancer deaths. Women between the ages of 20 and 24 – the age range who were the first to receive the human papillomavirus (HPV) vaccine – had a 65 percent reduction in cervical cancer rates from 2012 to 2019.

Good news that continues to get better. And yet, there are exceptions. The American Cancer Society report found a 3 per cent increase in prostate cancer incidence rate each year from 2014 to 2019 – especially in late-stage prognosis – about 99,000 new cases, the first increase in nearly two decades. The likely cause, according to the report, may be from changes in prostate-specific antigen screening guidelines.

The findings in the report also highlight the persistent disparities in prostate cancer mortality rates among Black men, who are approximately two to four times higher than those in any other racial and ethnic group. Racial disparities were also pronounced in breast and uterine cancer, with Black women 40 percent more likely to die from breast cancer than White women. In addition, Black women have the highest death rates from uterine cancer.

While the continuing decline in cancer deaths over the past three decades is encouraging, the American Cancer Society report shows cancer remaining the second-leading cause of death after heart disease, and is the leading cause of death among women aged 40 to 79 years and among men aged 60 to 79 years.

Among today's survivors, the most common cancer types represented include female breast (22 percent, 4.1 million), prostate (20 per cent, 3.5 million), colorectal (8 per cent, 1.4 million), melanoma (8 per cent, 1.4 million), and gynecologic (8 per cent, 1.4 million).

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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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Stewartstown, PA 17363  
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