



May 2017

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H.O.P.E.

P.O. Box 175

Shrewsbury, PA 17361

# 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 with offices on the second floor of the New Freedom Community Center at

150 East Main Street, New Freedom, PA 17349

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) 227-2824

Mike Males, of My  
Rural Radio  
and Naylor Wine Cellar  
are celebrating

Mr. Naylor's Birthday  
at the Grape Blossom  
Festival

Saturday, June, Noon  
to 6:00 p.m.

Naylor Wine Cellars,  
Stewartstown, PA  
Visit the H.O.P.E. booth  
and bring nonperishable  
items for our pantry.

RyuPa Karate Kicks and  
Connects for H.O.P.E.

Martial Arts Demonstration

And Break-a-Thon  
Fundraiser

Saturday, May 13

11 a.m.—2 p.m.

Brown 's Orchards and  
Farm Markets Pavilion

Loganville, PA



## Support Group Meeting

*This month, H.O.P.E.'s Annual Meeting replaces the Support Group meeting.*

*Join us for a night of fellowship and recognition (and of course refreshments!) on Wednesday, May 10, at 7 p.m. in the Serenity Room.*

*Meet our 2017 Jeanette Cartwright Memorial Scholarship winners.*

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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 717-227-2824.

## FROM THE EDITOR'S DESK

The air is awash with cherry blossoms and dogwood petals, and dandelions dot the landscape. Spring has returned in her glory. May is also a month of glorious celebration for H.O.P.E. The Voices for Hope evening, where we honor a special person or group who has given tirelessly to our cause, is an event that brings together families, friends, volunteers, and even newcomers. Equally important is the annual meeting, where we present college scholarships to four outstanding high school seniors whose lives have been touched by cancer within their families (or personally, in many cases). The means to award these worthy students comes from our myriad events like bingo, the bull roast, the craft and vendor show, the golf tournament, and even the Voices for Hope banquet. Your attendance and support enable us to reach out and do all that we do for our cancer patients and their families. We are also blessed by the businesses and individuals who donate dollars to thousands of dollars.

May also draws us outdoors to enjoy the return of sun and balmy breezes. What's more welcome than the warmth of the spring sun on an upturned face? And yet this can bring serious and often deadly consequences. Of course we're referring to skin cancer. On page five of this issue you will find some statistics about skin cancer. For specific information about these types of skin cancer and images of each type, we've set up a link on our H.O.P.E. website or you can go to [www.webmd.com/melanoma-skin-cancer](http://www.webmd.com/melanoma-skin-cancer). In fact, in this age of instant information, you can type skin cancer into your search engine and come up with hundreds of sites that will answer all your questions.



*“It’s not easy  
being a mother.  
If it were easy,  
fathers would  
do it.”*

- Dorothy from “The  
Golden Girls”

## WE HAVE GREAT BOOKS!

H.O.P.E. has a library. H.O.P.E. has had a library since its inception 23 years ago. As we have grown, so has our library. We have hundreds of books. We have reference books, nutrition books, cookbooks, self-help books, funny books, inspirational books, big books, small books, as well as a huge section of books for kids from toddlers to young adults. Anyone can peruse our vast selection and sign out as many books as they wish. (Despite this age of instant information, there is still something eminently comforting about holding a real book in your hands.)

Barb is ever on the lookout for new books, and recently she was elated to learn that one of her favorite books was back in print, along with a new one by the same author. Writer Pam Ganz has made children her specialty. She earned a child life certification at Johns Hopkins Hospital and a MS in family rehabilitation and counseling psychology focusing on cancer's impact on the family. Her whole career has been involved with cancer's impact on family members, from her years at the Children's Cancer Center at Phoenix Children's Hospital to establishing a summer camp to workshops and support programs to hospice work. During this time she has created books and other resources geared to kids, two of which Barb has stocked for our patients.

What makes these books so special, and sets them apart from the rest of the library at H.O.P.E., is that these are journals to be used and kept. We don't want them back. One of the books is for young children and the other is for teens. “Life Isn't Always A Day At The Beach, A Book for ALL Children Whose Lives Are Affected By Cancer,” is an 11 x 8 paperback, spiral-bound, colorful book for young children where they can complete statements, write feelings, and draw pictures. The other book, “Life Isn't Always A Breeze, A Supportive Journal For All Teens Whose Lives Are Affected by Cancer,” is also spiral-bound but smaller and more like a real journal. This book is a fantastic resource for teen cancer patients.

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

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



The parking lot was packed, the tables were filled, and the New Freedom Community Center was alive on Sunday, April 7, with the sounds of B-7, O-12, N-3, and Bingo! H.O.P.E. thanks all the volunteers and players for another wonderful bingo afternoon.

From the people who brought in homemade baked goods; to Rafael and Kim Hernandez of Tasteful Occasions who provided main dishes and an assortment of sides; to local businessmen and friends who donated fantastic prizes and the ladies in the office who displayed them so beautifully; to all others who set up, served, and cleaned up afterward, all were instrumental in providing a fun-filled afternoon.

Special thanks go to the mastermind behind coordination of the event, Chris Waltmeyer. Caller Keith Dickmyer earns accolades for keeping the games lively. Thanks also to Ruby Alban who made countless phone calls to round up the huge array of desserts. Once again, H.O.P.E. and its families are blessed to have so many wonderful people who have earned their Angel Wings.

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!

# One More Important Reason For A Healthy Diet

Did you know that 20 to 40 per cent of cancer patients die from poor nutrition? Good nutrition is important for good health in general and vital for anyone who receives a diagnosis of cancer. Weight loss is a major sign of malnutrition. A large percentage of people diagnosed with upper gastrointestinal cancer (esophagus and stomach) and lung cancer have already experienced a significant weight loss prior to diagnosis and can lose even more weight as a result of side effects from treatments.

These side effects can keep the patient from eating enough food. This in turn leads to weakness, fatigue, and the body's inability to fight infections. Anorexia (the loss of appetite or desire to eat) is a common symptom in people with cancer. Anorexia may occur early in the disease or later, if the cancer grows or spreads. Almost all patients who have advanced cancer will have anorexia.

Anorexia can hasten the course of cachexia, a progressive wasting syndrome marked by weakness and a loss of body weight, fat, and muscle. It is common in patients with tumors of the lung, pancreas, and upper gastrointestinal tract. Cachexia is estimated to be the immediate cause of death in 20% to 40% of cancer patients; it is important to watch for and treat this syndrome early in cancer treatment because it is hard to correct.

Cancer can change the way the body uses food. A patient may seem to be eating enough but the body may not be able to absorb all the nutrients from the food. For many patients, the effects of cancer and cancer treatments make it hard to eat well. Thus it is important to treat weight loss early through nutrition therapy and medication. Medicine may be used to treat the following side effects of cancer:

- To help increase appetite.
- To help digest food.
- To help the muscles of the stomach and intestine contract (to keep food moving along)
- To prevent or treat nausea or vomiting, diarrhea, or constipation.
- To prevent and treat mouth problems (such as dry mouth, infection, pain, and sores)
- To prevent and treat pain.

Different cancer treatments can cause different kinds of problems that may make it hard to eat or drink. **After surgery**, the body needs extra calories and protein for wound healing and recovery. This is when many people have pain and feel tired. They may also be unable to eat a normal diet because of surgery-related side effects. The body's ability to use nutrients may also be changed by surgery that involves any part of the digestive tract (like the mouth, esophagus, stomach, small intestine, pancreas, colon, or rectum).

**Radiation therapy** comes with a host of possible side effects depending on the area of the body being treated, the size of the area, the type and total dose of radiation, and the number of treatments. Side effects usually start around the second or third week of treatment and peak about two-thirds of the way through treatment. After radiation ends, most side effects last three or four weeks, but some may last much longer.

**Chemotherapy** side effects depend on what kind of chemo drugs you take and how you take them. Most people get chemo at an outpatient center. It may take anywhere from a few minutes to many hours. Make sure you eat something beforehand. Most people find that a light meal or snack an hour or so before chemo works best. If you'll be there several hours, plan ahead and bring a small meal or snack in an insulated bag or cooler. Find out if there's a refrigerator or microwave you can use.

Some side effects of chemo go away within hours of getting treatment. If side effects last longer, tell your cancer team. There are things that can be done to lessen eating-related side effects, and prompt attention to this can help keep up your weight and energy level.

## What To Eat For Healthy Nutrition

Eating well means eating a variety of foods to get the nutrients your body needs to fight cancer. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

We need **PROTEIN** for growth, to repair body tissue, and to keep our immune systems healthy. When your body doesn't get enough protein, it might break down muscle for the fuel it needs. This makes it take longer to recover from illness and can lower resistance to infection. People with cancer often need more protein than usual. Good sources of protein include fish, poultry, lean meat, eggs, low-fat dairy products, nuts and nut butters, dried beans, peas and lentils, and soy foods.

*(Continued on next page)*



*“How important it is for us to recognize and celebrate our heroes and she-roes!”*

- Maya Angelou

## Important Sources Of Nutrition

**FATS** play an important role in nutrition. Fats and oils are made of fatty acids and serve as a rich source of energy for the body. The body breaks down fats and uses them to store energy, insulate body tissues, and transport some types of vitamins through the blood. It is important that you eat the right fats, however. These are monounsaturated fats (found mainly in vegetable oils like olive, canola, and peanut) and polyunsaturated fats (found mainly in vegetable oils like safflower, sunflower, corn, and flaxseed. They are also the main fats found in seafood.).

Minimize your intake of saturated fats, which are found mainly in animal sources like meat and poultry, whole or reduced-fat mil cheese, and butter. Some vegetable oils like coconut, palm kernel, and palm oil are saturated. These fats can raise cholesterol and increase your risk for heart disease.

Do not eat products that contain trans-fatty acids, despite how tasty they may be. They include snack foods and baked goods made with partially hydrogenated vegetable oil or vegetable shortening. They are also found naturally in some animal products, like dairy products. Trans fats can raise bad cholesterol and lower good cholesterol.

**CARBHYDRATES** are the body’s major source of energy. The best sources—fruits, vegetables, and whole grains—also supply needed vitamins and minerals, fiber, and phytonutrients to the body’s cells. (Phytonutrients are chemicals in plant-based foods that we don’t need to live, but that might promote health.) Whole grains are found in cereals, breads, and flours. When choosing a whole-grain product, look for the words ‘whole grain,’ ‘stone ground,’ ‘whole ground,’ ‘whole-wheat flour,’ ‘whole-oat flour,’ or ‘whole-rye flour.’ Fiber is the part of plant foods that the body can’t digest. There are two types of fiber: insoluble, that helps to move food waste out of the body quickly, and soluble, which binds with water in the stool to help keep it soft.

**WATER** and liquids or fluids are vital to health. All body cells need water to function. If you don’t take in enough fluids or if you lose fluids through vomiting or diarrhea, you can become dehydrated. If this happens, the fluids and minerals that help keep your body working can become dangerously out of balance. You get water from the foods you eat, but a person should also drink about eight 8-ounce glasses of liquid each day to be sure that all the body cells get the fluid they need. Keep in mind that all liquids (soups, milk, even ice cream and gelatin) count toward your fluid goals.

The body needs small amounts of **VITAMINS AND MINERALS** to help it function properly. Most are found naturally in foods. They are also sold as supplements in pill and liquid form. They help the body use the energy found in foods. A person who eats a balanced diet with enough calories and protein usually gets plenty of vitamins and minerals. However, people undergoing cancer treatment may need to be prescribed vitamin or mineral supplements by their doctor.

### ***AND THE WINNERS ARE..***

Was it something in the water? All of our senior scholarship applicants this year were remarkable in their academic strengths and extra-curricular involvement. Our country should be in very good hands down the road. Below are the four winners, in alphabetical order. Each student will receive a scholarship check at our annual birthday party on Wednesday, May 10. Come and meet these stellar students.

***Elizabeth Eckert*** Dallastown Area High School

***Finn Alan Johnson*** Hanover Senior High School

***Michael Austin Kozach*** Dover High School

***Taylor Lescallett*** Delone Catholic High School



## Some Sobering Skin Cancer Statistics

The skin protects against heat, sunlight, injury, and infection. Skin also helps control body temperature and stores water and fat. Skin cancer is the most common type of cancer. It usually forms in skin that has been exposed to sunlight, but can occur anywhere on the body.

Skin has several layers. Skin cancer begins in the epidermis (outer layer), which is made up of squamous cells, basal cells, and melanocytes.

There are several different types of skin cancer. Squamous cell and basal cell skin cancers are sometimes called nonmelanoma skin cancers. Nonmelanoma skin cancer usually responds to treatment and rarely spreads to other parts of the body. Melanoma is more aggressive than most other types of skin cancer. If it isn't diagnosed early, it is likely to invade nearby tissues and spread to other parts of the body. The number of cases of melanoma is increasing each year. Following are some current skin cancer statistics from the [skincancer.org](http://skincancer.org) website.

### GENERAL

- Each year in the U.S. over 5.4 million cases of nonmelanoma skin cancer are treated in more than 3.3 million people.
- Over the past three decades, more people have had skin cancer than all other cancers combined.
- One in five Americans will develop skin cancer in their lives.
- Between 40 and 50 percent of Americans who live to age 56 will have either basal cell carcinoma or squamous cell carcinoma at least once.
- Basal cell carcinoma (BSC) is the most common form. More than four million cases are diagnosed each year.
- Squamous cell carcinoma is the second most common, with over one million cases diagnosed each year.
- Organ transplant patients are approximately 100 times more likely than the general public to develop squamous cell.
- Actinic or solar keratosis (rough, scaly patch on the skin caused by sun exposure), is the most common precancer; it affects more than 58 million Americans.
- The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion; about \$4.8 billion for nonmelanoma skin cancers and \$3.3 billion for melanoma.

### MELANOMA

- One person dies of melanoma every hour (54 minutes).
- An estimated 87,110 new cases of invasive melanoma will be diagnosed in the U.S. in 2017, and an estimated 9,730 people will die.
- The vast majority of melanomas are caused by the sun. On average, a person's risk doubles if he or she has had more than five sunburns.
- Regular daily use of an SPF 15 or high sunscreen reduces the risk of developing squamous cell carcinoma by about 40 percent and the risk of developing melanoma by about 50 percent.
- The majority of people diagnosed with melanoma are white men over age 55.

**H.O.P.E. Has Partnered With Community Aid (Neighbors Helping Neighbors) to Collect Clothing.**

**We Need Your Clothing, Shoes, Bedding, Curtains, and Drapes.**

**These Items Will Benefit H.O.P.E. With Every Pound You Donate!**

**(No Small Appliances or Furniture, Please.)**



The Container Is In the H.O.P.E. Parking Lot. Four More Containers Will Be Located in Shrewsbury and Stewartstown Next Year.

**Start Practicing Now For H.O.P.E.'s 9th Annual Take a Swing at Cancer Golf Tournament.**

Saturday, August 19  
 Hickory Heights Golf Course  
 Spring Grove, PA  
 Continental Breakfast, Lunch, and Lots of Prizes  
 (Call H.O.P.E. 717-227-2824 for registration information.)



**It's a Music Fest!**

**Sunday, July 23 at Pond View Farm  
 Jolly Acres Road, Norrisville, MD  
 1-6 p.m.  
 Kittyback, Foggy Hollow, and Other Bands  
 Music, Games of Chance, Food, Fun, BYOB  
 Tickets (Ages 16+) \$20**



215 N. Main Street  
 Loganville, PA 17342  
 717-515-6873  
[www.rellikshop.net](http://www.rellikshop.net)

A consignment shop for hunting, fishing, archery, motorcycle gear, and man caves.

H.O.P.E. would like to announce our partnership with Rellik. When consignments are older than three months the clients have the opportunity to take them back or donate them to H.O.P.E.

Visit Us on the Web  
<http://www.hopeforcancerfamilies.org>  
"Like" Us on Facebook:  
H.O.P.E. (Help for Oncology Problems and Emotional Support)

## Upcoming Events

H.O.P.E.'s Support Group Meeting  
2<sup>nd</sup> Wednesday of every month at 7pm  
H.O.P.E.'s Serenity Room in the New Freedom Community Center  
150 East Main Street, 2<sup>nd</sup> Floor (Elevator Available)

Everyone is Welcome!  
(Cancer patients, care givers, families and friends)  
Need transportation to the Support Group Meeting?  
Call 717-227-2824



*"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) 227-2824

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