



June 2016

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If you know someone who might enjoy or benefit from receiving the Lifeline, please submit the person's name and address to:

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
17) 227-2963

Take A Swing At CANCER

H.O.P.E.'s 8th Annual Golf Classic Tournament

Friday, August 5

**Hickory Heights Golf Course
Spring Grove, PA**

**7-7:30AM Registration
Continental Breakfast**

Tee Off Time 8:00 A.M.

***Hole in One on #17 Wins \$5,000**

***Hole in One on #6 Wins a
Luxurious 4-day, 3-night Golf
Vacation at French Lick Resort**

**Be a sponsor! Packages available
from \$800 to \$75.**

Support Group Meeting

Date: Wednesday June 8, 2016
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: TBA
Topic: TBA

Music Fest

August 28

12—6 p.m.

**Pond View Farm
Norrisville, MD**

**Featuring music by Foggy
Hollow, Long Ryde, Dakota, Set
Free**

With D.J. Chris Wagman

Tickets (ages 16 and up)

in advance, \$18

At the door, \$20

Music, Games of Chance,

Food, Fun, BYOB

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
On A Positive Note	Pg. 2
Angel Corner	Pg. 2
Meet Our Scholarship Winners	Pg. 3
June Fun Facts	Pg. 4
Administrative Assistant Sought	Pg. 5
Safe Barbecuing	Pg. 5

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

Wyndridge Farm was the site of this year's **Voices for Hope** gala, and the 250 guests had an evening to remember. Starting with the silent auction prizes ranging from salon and spa gifts to wine tastings to handmade quilts to Penn State football and Ironbird baseball tickets, there was something for everyone to bid on. And pretty much everyone did. Dinner was delicious and the cream puffs were as tasty as they were huge.

The honorees of the evening were Stan and Nona Brown, whose son's death from cancer 11 years ago initiated this event in his memory. Their acceptance speech was typical of the humility and graciousness they display every day of their lives. The guest speaker kept the audience in thrall as he talked about both his career as a California Highway Patrolman preventing people from jumping from the Golden Gate bridge and his role as a father and the importance of being there for people.

The following week's event was smaller but no less significant. This was the presentation of **college scholarships** to outstanding high school seniors. A special attendee was Ken Cartwright, whose wife Jeanette was the co-founder of H.O.P.E. and in whose name the scholarships are given. This year four students won the awards (all girls (!), see more about them on the next pages) and each of the young ladies told the audience a little about herself. As you read their biographies you'll see two consistent threads: the first, of course, is that each of these four girls has witnessed cancer in her family, often in more than one loved one. The second is that mainly as a result of this experience with cancer each of these girls is planning to enter the medical field so that she can help others through their own health crises. Compassion and empathy are the two words that best define these four exceptional young women.

Sandwiched in between these two events was UTA Karate's annual **breakathon**, held, where else, at Brown's Orchards and Farm Market. Fifty participants broke countless boards to raise money for H.O.P.E. See the Angel Corner below for more about this wonderful group.

ON A POSITIVE NOTE...

A poliovirus cancer treatment designed by Duke University medical researchers was awarded "breakthrough status" by the Food and Drug Administration in early May to speed up its approval for market use after it was found effective in fighting glioblastoma, one of the most difficult cancers to treat.

Scientists discovered seven years ago that the poliovirus binds to a molecule produced in glioma, destroying cancer cells. Armed with this knowledge, they created a synthetic virus that disabled polio's destructiveness but left intact its cancer-fighting properties. This new drug, PVS-RIPO, was injected directly into the trial patients' brains and once inside infected and killed the cancerous tumor cells. It also triggered the patients' own immune responses. Of the patients who received the drug, 20% had a three-year survival rate, compared to the typical 4%.

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

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

UTA Karate of Shrewsbury and Delta has done it again. Ugly weather notwithstanding, 50 of the martial artists gathered at Brown's Orchards and Farm Market on Saturday, May 7, to break boards for H.O.P.E. The kids raised \$7,446, which brings their total for the past eight years of breakathons to over \$50,000.



But helping H.O.P.E. doesn't happen just once a year for this organization. UTA kids stock our pantry with over 500 non-perishable items every year and they give Christmas gifts to over 100 kids each year.

Under the leadership of Nancy and Chris Webb this group has made an immeasurable contribution to H.O.P.E. You can see why all UTA members have earned their Angel Wings.



“Learning is the only thing the mind never exhausts, never fears, and never regrets.”

- Leonardo da Vinci

Meet Our Amazing 2016 Scholarship Winners

Megan Bowers



Eastern High School senior Megan Bowers not only knows she wants to pursue a career in nursing, she has already enrolled in York College's nursing program and plans to graduate with her degree in 2020. Cancer has surrounded Megan. Her mother was diagnosed with stage two breast cancer when Megan was very young and 12 years later her step-sister was diagnosed with thyroid cancer. Fortunately both are currently cancer free, but two of Megan's grandparents died from cancer and her aunt is battling brain cancer.

Despite (or because of) these health fears in her loved ones, Megan excelled in and out of school, with honor roll grades in the most rigorous classes and active membership in the FFA and other organizations. She participated in both Relay for Life and her school's Mini-Thon. Her FFA involvement ran the gamut from horse judging, poultry and dairy evaluation, land evaluation, and floriculture to public speaking. In this latter category Megan won second place for public speaking in York County in 2014 and 2015 and second place in last year's Voice of Democracy contest.

Megan is looking forward to earning her Bachelor of Science degree in nursing and wants to experience "as many different avenues as [her] nursing career will allow, such as working in the intensive care unit, emergency room, pediatrics, and labor and delivery." She is excited to be able to help others the way her mother and sister were helped as well as make them proud of her achievements. No doubt they already are.

Zoe Kamin

Our scholarship winners this year seem to have been given extra hours in their days. There's no other way to account for all that they accomplish. Northern High School senior Zoe Kamin crammed superlative grades and academic accolades, community service, school leadership, church involvement, the cello, and a part-time job into her packed life and still finds time to get out in nature and to play her guitar.

Zoe attributes her drive and achievements to her family members: her mother who has raised her and her younger brother; her grandmother who battled breast cancer as she was helping raise Zoe; her great aunt who also battled breast cancer; and her grandfather, "a man [she] had respected and seen as a strong individual." She says that seeing the strength in her family members in adversity "has allowed me to appreciate my life each day I wake up. I know that I will get through hard times and I intend to make the most of the life I am given."

Zoe has chosen to attend Messiah College because of its smaller size and its feeling of community, as well as the fact that the campus is surrounded by nature. She, too, plans to enter the nursing program and graduate as a Registered Nurse because of a desire to improve the lives of others. With her intelligence, drive, and compassion she'll make a difference in countless lives.

Brea Keiser

Like many young people who have experienced a family member's battle with cancer, Brea Keiser decided early on that her career path would be nursing. Brea's grandmother, whom Brea describes as "the strongest and most inspirational person that I have ever met in my life," valiantly fought cancer for six years, leading to Brea's decision to study medicine to become "the best nurse that I can be by showing compassion while caring for every patient I can." The Spring Grove High School senior will excel in this field if her actions for the past four years are any indication. Almost all of her extra curricular endeavors involved helping people.

From helping in a group counseling program as an "autism buddy," to serving as a peer mentor for at-risk freshmen and elected as the group's president this year, to event coordinator for Mini-Thon, to service in the Key Club, Brea's major focus is helping others. Her rigorous academic schedule and part-time job, on top of all these other commitments, would fill anyone's day, yet Brea also found time to volunteer as a patient aide at York Hospital and help as a counselor at a special-needs church camp. Oh, yes, and she was also captain of her varsity lacrosse team this year.

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Brea Keiser

Brea plans to attend the University of Arkansas, where she has been accepted into the Honors College. In addition to the fact that the school has an excellent nursing program, it is also within 30 minutes of where her older sister now lives. However, we hope that Brea will bring her training and compassion back here when she graduates.

Erika Myers

Cancer has been a part of Dover Area High School senior Erika Myers's life for as long as she can remember. In fact, seven years before Erika was born, her mother was first diagnosed with Hodgkin's Lymphoma. When Erika was three she lost her grandfather to Non-Hodgkin's Lymphoma and that same year her mother's recurred. Fortunately for Erika's family her mother responded to treatment, although the little girl learned very young that "everyone can be sad and everyone cries, even daddies."

Erika's high school resume reveals impressive achievements in and out of the classroom. An excellent student, she was editor of her high school's yearbook, an officer in the FFA, a freshman mentor, and student council representative; she also played varsity softball and runs track. But Erika's passion has been fighting cancer through fundraising. She coordinated the money-raising portion of her school's Mini-Thon last year and raised the highest individual amount as well. This year she was a Thon captain. As a freshman she organized a team to participate in the Relay for Life and was its top fundraiser every year for four years. Through her membership in the FFA Erika and another student organized a huge, carnival-style community event last year to raise money for a good friend who was diagnosed with acute myeloid leukemia as a sophomore.

Last July Erika's mother was diagnosed with breast cancer. She underwent surgery and chemotherapy and is doing well once again. Erika lost her grandmother to esophageal cancer in 2012. As she puts it: "Rather than allowing all of these unfortunate events impact me in negative ways, I have allowed them to make me a better, stronger person." This unbelievably strong young woman will be attending Lock Haven University because of its great health science program, with her intended major of athletic training. If anyone can help someone get back into the game, it will be Erika Myers.



"No one ever regrets the time they've spent laughing."

-Unknown

Did you know this about the month of June?

- It was named after Juno, the goddess of marriage (maybe that's why it's such a popular time to tie the knot).
- The birthstones are the alexandrite, moonstone, and pearl. Alexandrites represent health and longevity; moonstones represent change, new beginnings, and the shifting tides of emotion; and pearls symbolize purity of heart and faith.
- The flowers are the honeysuckle, which stands for bonds of devotion, love, fidelity, and generosity, and the rose, which can indicate romantic love, secrecy, desire, gratitude, mourning, joy, and innocence.
- Some June holidays are National Seafood Month, National Candy Month, National Dairy Month, National Iced Tea Month.
- June also includes World Environment Day (5th), D Day (6th), Father's Day (third Sunday), and Juneteenth, commemorating the official end of slavery in the United States (19).



**Hot weather is around the corner,
and that means ice cream!**

Visit Summers Ice Cream and Snowballs in Stewartstown and Bonkeys Ice Cream and Snowballs in New Freedom.

Now open every day! You can satisfy your sweet tooth and help H.O.P.E. by purchasing the H.O.P.E. Sundae: five layers of different delicious ice creams and toppings.

**Take A Swing At Cancer 50/50 Raffle Tickets
To Benefit H.O.P.E.**

\$1.00/ticket or 6 tickets for \$5.00.

Drawing will take place at the Hickory Heights Golf Course, but you do not have to be present to win.

Tickets are available at the H.O.P.E. office or various locations throughout the community. More information will be forthcoming.

Wanted: Administrative Office Assistant

H.O.P.E. has a position available for an office assistant, 25-30 hours a week. *Responsibilities* will include but are not limited to the following:

- Setting up and maintaining the data base.
- Drafting letters and documents, collecting and analyzing information for President's review and approval.
- Producing information by formatting, inputting, editing, retrieving, copying, and transmitting texts, data, and graphics.
- Greeting guests and clients in person or on the telephone.
- Providing supervision of volunteers at direction of President.
- Overseeing operation of all office equipment.
- Attending meetings when the President is not available; some evening hours possible, compensation would be applied.

Skills/Qualifications:

- Proficiency in Microsoft Office and other office computer programs and applications
- Research grant acquisitions for non-profit agencies
- Administrative writing
- Reporting
- Supply management; time management
- Customer service

Resume may be emailed to barb@hopeforcancerfamilies.org

Hard copies may be mailed to address on page 1.

FYI—CLIP & SAVE

Safe Barbecuing

Summer is almost upon us (according to the calendar, at least) and that means cookouts. You may recall a couple months ago the latest cancer concern was red and processed meat. A new study published in the journal *Cancer* finds that high-temperature cooking methods may increase the risk of kidney cancer if you consume a lot of meat. And other studies have found that high consumption of well-done, fried, or charred meats is associated with an increased risk of colorectal, pancreatic, and prostate cancer.

Here's why. As the outside of the meat browns up, and the temperature heats up, the chemical reaction creates lots of aroma and flavor compounds, some of which are molecules called cyclic amines. However, if you cook the meat too long, at too high a temperature, the chemical reaction keeps going, creating other compounds. Some of them, known as heterocyclic amines (HCAs), can be carcinogenic when we consume them in high enough concentrations. According to the National Cancer Institute, HCAs cause changes in DNA that may increase the risk of cancer.

To evaluate the association between cooking techniques and cancer risk, researchers at MD Anderson Cancer Center documented the eating and cooking habits of people who'd been diagnosed with kidney cancer. They compared their habits with those of a group of healthy, cancer-free people. What they found was that those with cancer (a) consumed more meat overall, and (b) were more likely to pan-fry their meat at high temperatures, cook it over an open flame, or cook it until it was well done or charred.

Of course that doesn't mean you should abandon grilled burgers and steaks, but consider the following suggestions to reduce your risk of creating HCAs.

- *Limit portion size and cut smaller pieces to shorten cook time.*
- *Leaner cuts prevent dripping fat from causing flare-ups, which can deposit carcinogens on the meat.*
- *Use a marinade—studies have shown that marinating your meat before grilling can decrease HCA formation by up to 96%.*
- *Flip meat frequently to reduce carcinogens that may arise.*
- *Reduce the heat—cooking at slightly lower temperatures is enough to substantially reduce HCA formation.*

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
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd 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."

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