



April 2017

H.O.P.E. LIFELINE



H.O.P.E.
Executive Director
Barb Titanish
Assistant Director
Carol Nelson

Board of Directors

Cheryl Schroeder—Chair
Doug Burns
Katy Lemmer—Secretary
Jack Tillett—Treasurer
Sue Holtzinger
Buddy Hart
Melissa McDade
Wanda Mergler
Sally Miller
Debra Smithson Peters
Robin Robinson
Barbara Spurlock
Vicky Stake

**H.O.P.E. Lifeline
Production Volunteers**

Jean Lillquist—Editor
Carol Slaven—Managing Editor
Jo Huber
Linda Johnson
Kay Joy
Jeannette Keech
Mae Liggitt
Cindy Moran
Lynn Snook
Marty Streett
Rita Stephenson
Linda Topper

H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

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.

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

H.O.P.E. Basket Bingo & Non-Perishable Food Drive

BINGO! Sunday, April 9

Doors Open at 12:30
Bingo Starts at 2:00

New Freedom Community Bldg.
New Freedom, PA

Tickets \$15 in advance
\$18 at the door

25 games, 5 secret games,
1 thank-you game

Contact the H.O.P.E. office
at 717-227-2824

12th Annual Voices for Hope Benefit Banquet

Thursday, May 4, 2017

5:30—9:30 p.m.

Wyndridge Farm

Join Us To Honor Ravens Nest #7

Tickets \$60.00 per person
(Table of 8, \$420)

Features a Reception, Silent Auction,
Dinner, and Presentation



For tickets,
call 717-993-3778

Or email mcauliffeh@comcast.net

Support Group Meeting

Date: Wednesday, April 12
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Nick Gohn
Topic: Keeping Your Energy Up During
Chemo

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
On A Positive Note	Pg. 2
Angel Corner	Pg. 2
Voices For Hope	Pg. 3
Scholarship Winners Updates	Pg. 4
Summer Camps	Pg. 5
What's Happening	Pg. 5

FROM THE EDITOR'S DESK

April showers are said to bring May flowers, but let's hope the flowers that all bloomed in February survived the cold and snow of March. With Mother Nature these days you don't know what to expect! Fortunately that isn't the case with H.O.P.E. events. Not only do they occur as scheduled, but you can count on them to be great.

And the one everyone looks forward to most is coming up next month, the Voices for Hope event. This marks the twelfth year we will gather our family and friends together for a banquet to celebrate special people who have done so much to assist the battle against cancer. The award, the Scott Brown Seeds of Hope Award, honors the legacy of Scott Brown, who was Vice President and Manager of Fruit and Vegetable Operations at his family's Orchard and Farm Market. Scott, whose family has been one of H.O.P.E.'s most valuable and loyal supporters since its inception, lost his battle to cancer in 2005.

This year we are especially pleased that both our honorees and our speaker are local residents: Ravens Nest #7 is a group of dedicated people who have supported H.O.P.E. for over a dozen years, and our speaker, Keith Humphries, is himself a cancer survivor as well as supporter of H.O.P.E. Getting to meet these inspirational people while sharing a wonderful meal with friends, what better way to spend an evening in May?

But before this, don't forget to get your tickets for our spring bingo on Sunday, April 9. It's a food and fun event, with so many prizes that almost everyone leaves with something. Doors open at 12:30 so you have time to enjoy a leisurely lunch catered by Tasteful Occasions and visit with friends until the first bingo game begins at 2. Bring your dabbers, appetite, and good luck charm for a fun afternoon. (See details on front page.)

Dear Friends,

We at H.O.P.E. are here to help you through your difficult times dealing with your diagnosis of cancer, but Carol and I need your help in order to do this. We request that you make appointments to use the pantry, look at wigs, or any other activities that will take more than 10 minutes. This enables us to devote our full attention to you and your needs. We also ask that you call and notify us if you are going to be late or not able to come at all. We understand that you never know how you will be feeling at any given time if you are going through treatment, but when you know you're not coming we would appreciate your calling the office to cancel your appointment. This will allow us the opportunity to schedule someone else who might need our time and attention. Carol and I are the only staff members in the office and there are times when one or both of us have commitments outside of the office, so it is to everyone's benefit that appointments are scheduled and canceled in advance when necessary. This way we can devote our time to your needs and help the greatest number of patients and families, and everyone will have a better experience.

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

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

Once again the owners and staff of the New Freedom Restaurant and Coffee Shop went above and beyond to provide food and financial support to the H.O.P.E. family. Owners Dimos and Vicky Papageorgiou provided a delicious pasta dinner and donated all the proceeds from the February 27 evening.



The restaurant was packed to capacity from 4 to 9, but the wonderful staff kept everything moving smoothly. Diners enjoyed salad, pasta with a variety of sauces, bread, and soda, as they chatted with family and friends over dinner. Attendance was the highest it's been since the first dinner five years ago. Not only did the staff handle this record crowd but they then turned over all their tips to H.O.P.E.

The Papageorgious gave Barb a check for more than \$4,000 from the evening, a record-breaking donation. So the next time you're in the mood for pasta (or any of other breakfast, lunch, and dinner items on the menu), stop by the New Freedom Restaurant and congratulate Dimos and Vicky for earning their Angel Wings—again!



“I count myself lucky, having long ago won a lottery paid to me in seven sunrises a week for life.”

- Robert Brault

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!

VOICES FOR HOPE FEATURES SOME IMPRESSIVE LOCAL TALENT

Every May since 2005 H.O.P.E. has honored someone in the local community who has gone above and beyond to assist cancer patients and their families. We've recognized individuals and organizations from all walks of life (remember the White Rose bikers?). This year's Voices for Hope event is truly a "family" affair. The honoree is Ravens Nest #7, which under the auspices of Phil and Donna Franco has been supporting H.O.P.E. for more than a decade. Phil and Donna and a dozen or so other supporters have assisted in countless ways, from hosting spaghetti dinners and other fundraising events for families to buying a huge TV for the H.O.P.E. Serenity Room to providing Christmas for families to temporarily taking on the chores a recently deceased dad used to do for his family. Our speaker this year is also a local person. Keith Humphries and his foundation Better Father For It have sponsored a family fun walk for the past five years to raise money for H.O.P.E.

Stewartstown resident Keith Humphries was 55 years old when he was diagnosed with Stage IV lung cancer in 2011. It was not just any cancer, it was a rare form of lung cancer which is found in only four to five percent of lung cancer patients. In fact, his was the first case the York Cancer Center had seen. Staring at a six-month prognosis after the cancer metastasized to his bones, adrenal glands, lymph nodes and brain, where eight tumors were found, Keith endured chemotherapy and radiation and then started an oral targeted drug, which he is still taking to this day. With his cancer in remission, and his oncologist's blessing, Keith had bilateral hip replacement surgery in March of 2015. During recovery, he continued to write his book, "What Would I Tell Him," sharing how the impact of his father's early death became the inspiration to be a better father.

Keith, a father of four, had lost his own father to cancer when he was only seven, and in those days the "C" word was not talked about. In his book, Keith shares the struggles he went through growing up without a father, but with his usual positive spin he also concludes how the experience has made him a better father for his own children. In fact, the name of his foundation, whose purpose is to assist families dealing with the financial and emotional burdens of cancer, is "Better Father For It." A major fundraising event is their Annual Better Father For It Family Fun Walk held every June for the past five years at the Hopewell Area Rec Complex.

Sports has been a major theme throughout Keith's life, from playing youth sports to his high school and college days on the basketball court to years and years (and years) of coaching children and teens in all grades. He coached his own children in baseball, basketball and soccer, and continues to coach even though his children are grown, and three of the four are out of the house. He considers himself more a teacher than a coach because he stresses the importance of the fundamentals of the game, and he even instructs parents so they can help their kids. Keith also has a business in, what else, athletic apparel. He supports Lungevity Foundation, a nationwide lung cancer research non-profit, by participating in their annual walk at Camden Yard, the home of the Baltimore Orioles. His Better Father For It team has supported this event for the last four years.

Keith's cancer has greatly changed the direction of his life, but he does his best to minimize its effects on his family members. "I knew I had cancer, but wanted to keep things as normal as possible, I wanted to continue to see the smiles on their faces." Remission does not mean perfect health. Keith is troubled by joint and muscle pain, but refuses to slow down. As he says, "Cancer hasn't taken much away from me because I won't let it."

Donna and Phil Franco knew they wanted to help other people, and when they learned of the Ravens Nest they decided that this was the perfect way to do it. For Baby Boomers and older folks, the Ravens Nest came into being decades ago as the Colts Corral, groups of people sponsored by the Baltimore Colts to raise money for charity. This morphed into the Ravens Roost and is now the Ravens Nest. There are 28 chapters with more than 2,000 members across Maryland and Pennsylvania, each with the mission of raising money for a charitable organization. Phil and Donna began their chapter in 2000 with 30 members. Phil, the group's president, and Donna, its treasurer, and their fellow members first raised money for different causes until one fateful day when Phil met Barb Titanish at an event. Barb, with her usual persuasive eloquence, introduced Phil to H.O.P.E.'s mission, and after that Ravens Nest #7 knew H.O.P.E. was the only organization they wanted to help, which they have been doing for more than twelve years.

And help they have. Anyone who has attended one of H.O.P.E.'s spaghetti dinners has enjoyed Phil's homemade sauce. He does all the cooking and Donna and others oversee the rest of the kitchen. Donna echoes Phil's admiration for H.O.P.E. "I couldn't think of a better charity than H.O.P.E. It's a nice bunch of people and a worthy cause. And I know how my money is spent and know it is doing what it is supposed to do."

Phil won't be cooking for the Voices dinner, but it will still be delicious and a wonderful occasion. From the silent auction bargains to the scrumptious food to the inspirational messages, the Voices for Hope event is a very special evening to celebrate a very special community called H.O.P.E.

AN UPDATE FROM OUR PREVIOUS SCHOLARSHIP WINNERS

Life is non-stop for college students, especially in their first year. Yet three of our scholarship winners from last year found time in their busy schedules to write and tell us how their freshman year was going.

Megan Bowers

My first semester of college went by so fast! I can't believe I'm halfway through my second semester already. I am already 1.5 semesters closer to receiving my BSN (Bachelor of Science in Nursing) degree. Although my first semester at York College consisted strictly of general education classes, I still have learned a great deal of information, which will allow me to receive a well-rounded education. My favorite part about college is getting to know new people. I find it really cool that I could have a classmate sitting next to me that's from New Jersey and another classmate behind me that's from Maine. It's interesting to talk to them and find out how similar, yet different, their lives were growing up compared to my own.

Brea Keiser

My first year of college has been anything but easy. I had a full load of honors courses that both challenged me and kept me extremely busy outside of the classroom. Along with my academics, I unfortunately had gotten severely sick several times. I had two major flare-ups caused by Crohn's disease, a chronic inflammatory bowel disease that affects the lining of the digestive tract. Along with my flare-ups, I have gotten Salmonella poison, the Norovirus, and an Upper Respiratory Infection. Although, my academics kept me busy and my health had taken a rough turn, I still feel very fortunate to have made it through my first year in good academic standing and to have found a home in Fayetteville, Arkansas. I would like to thank H.O.P.E. again for believing in me and honoring me with the Jeanette Cartwright Memorial Scholarship. You all hold a special place in my heart.

Erika Myers

Hi my name is Erika Myers. I was one of the lucky winners of the HOPE scholarship last year. I started at Lock Haven University in the fall majoring in Athletic Training. My life has been nonstop since that time. I have made many new friends and have gotten involved with many activities on campus. I am one of the officers for the Mini-THON club which is new for Lock Haven this year. I am also in the archery club and travel to tournaments competing. I have also recently joined a sorority. It is Sigma Sigma Sigma. This summer I will be volunteering at the PA Vent camp with my sorority as well.

Although college life is extremely hectic and requires a lot of hard work, it is a great experience, and I am enjoying every moment of it. It is hard to believe that my freshman year is almost over. I would like to once again thank HOPE for choosing me for their scholarship as it came in really handy when I was ordering my books.



*H.O.P.E. ~
Hanging
Onto
Positive
Expectations*



Stupid Cancer, a website founded in 2007 by Matthew Zachary, a brain cancer survivor, is celebrating its 10th anniversary. It is the largest U.S.-based charity that comprehensively addresses young adult cancer (ages 15-39) through advocacy, research, support, outreach, awareness, mobile health, and social media.

Go to the website, stupidcancer.org, and you'll find an amazing amount of resources. Here are some of the categories:

- | | |
|-------------------------|-------------------------|
| General cancer support | Online communities |
| Retreats and excursions | Coping literature |
| Financial assistance | Books, films, and media |
| Forums and boards | Advocacy library |

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 Con-
tainers Will Be Located in
Shrewsbury and Stewartstown
Next Year.

Come to an After Dark Teen Egg Hunt



Friday, April 21 Wethersfield Park

8:20 PM (Twilight)

Ages 12 and Up

\$5 Donation Requested

Constitution Avenue, New Freedom

Mike Males, of My Rural Radio
and Naylor Wine Cellars 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
non-perishable items for our pantry.

The New Freedom
Farmers' Market
Opens Saturday, May 6



First 50 people
to visit the
Information
Table will get a
free plant for
Mother's Day.



Paint Night!
Wednesday evening
April 26

**At the Black Cap Brewery
in Red Lion
5 West High Street**

More information at-
https://www.paintnite.com/vents/_1170158

SUMMER CAMPS

Camp Can Do (Chalfont, PA; east of Hershey)
www.campcandoforever.org

For children ages 8-17 who have been diagnosed with cancer in the last five years. They also a special session for siblings and a leadership training program. Medical professionals are on site.

Patient Camp Week 1: August 6-12; Week 2: August 13-19
Sibling Camp: June 4-8

Camp Dost (Danville., PA) www.rmhdanville.org

Sponsored by the Ronald McDonald House. First camp in Pennsylvania for children with cancer. For children ages 5-18 who have been diagnosed with cancer or have a sibling diagnosed with cancer. Children who become cancer free and go off treatment are still eligible to attend for five more years or until they are 18. Medical professionals are on site.

Patient Camp Week: July 9-15

Kay's Kamp (Middletown, DE)
www.kayskam.org 302-304-2496

For children ages 5-17 who are currently battling cancer and those now in remission. Medical team on site.

Patient Camp Week: July 23-29

Ronald McDonald Camp in the Poconos
www.philarmh.org 215-387-8406

One-week camp in the Pocono Mountains for children ages 7-17 who are currently undergoing treatment or have been treated for cancer. Free to campers; a sibling may accompany for \$150. Medical staff on site.

Patient Camp Week: August 13-19

Camp Sunrise (Maintained and sponsored by Johns Hopkins Pediatric Center) www.campsunrisemd.com

Week-long, overnight summer camp held in early August in Maryland for children who have been diagnosed with or have survived cancer. Medical staff on site. Call for camp dates.

Justin's Beach House (Bethany Beach)
www.justinjennings.org

A respite home for families with cancer. Families (and extended families of up to 10 people) may stay at no cost for 3, 4, or 7 days.



215 N. Main Street
Loganville, PA 17342
717-515-6873
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
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."

Nonprofit Org
U.S. Postage Paid
Permit No. 61
Shrewsbury, PA 17361

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 227-2824
RETURN SERVICE REQUESTED

H.O.P.E. RETREAT CENTER QUESTIONNAIRE

It has been the dream of H.O.P.E. founders Barbara Titanish and Jeanette Cartwright to build a "Vacation from Cancer" retreat center that would provide a respite for those battling cancer and their families. Before her death from ovarian cancer, Jeanette found solace at her family cabin in northern Pennsylvania. She envisioned a place where those fighting cancer could experience comfort and support during their cancer journey.

The H.O.P.E. Board of Directors is researching options for a H.O.P.E. retreat center. To ensure that it meets the needs of those we service, your input would be invaluable. This questionnaire is designed to gather information from past and current cancer patients or their caregiver.

We ask that **one** member of each family complete the questionnaire for the family. Please return your completed questionnaire to H.O.P.E., P.O. Box 175, Shrewsbury, PA 17361

1) For the person completing this questionnaire, are you: *(please check one)*

- A cancer patient _____
- Patient's spouse _____, parent _____, child _____, sibling _____
- Other (please state your relationship) _____

2) What is/was the age of the cancer patient? *(please check one)*

- Under 18 years old. _____
- 19 – 45 years old . _____
- 46 – 65 years old. _____
- Over 65 years old. _____

3) For you to consider making use of a retreat center, what is the **farthest distance** you would be willing to travel to get there? *(Please check one).*

- 0 – 50 miles (approximately a one hour drive or less) _____
- 50 – 100 miles (approximately two hours drive or less) _____
- More than 100 miles (approximately two hours drive or more) _____

4) Would you consider using the retreat center, if: *(Circle yes or no to each question)*

- The center were able to house only one family at a time?. YES or NO
- Multiple families were housed at the center at the same time with separate kitchen, dining and living rooms? YES or NO
- Multiple families were housed at the center at the same time with common areas, such as kitchen, dining and living rooms? YES or NO

(over)

5) For each of the following items, indicate as follows:

(Please circle **one** for **each option** below)

3 – This is a must have for me. I would probably use the retreat center only if this item were included.

2 - I would use the retreat center whether this item is included or not.

1- I would rather that this item NOT be included.

- Serenity gardens. 1 or 2 or 3
- Walking trails 1 or 2 or 3
- Common areas for informal interactions 1 or 2 or 3
- Organized support group/counseling 1 or 2 or 3
- Meditation room 1 or 2 or 3
- Resource library/media room 1 or 2 or 3
- Fitness equipment 1 or 2 or 3
- Facilities for children (game room, playground, etc.) 1 or 2 or 3
- Meal(s) provided 1 or 2 or 3
- Barn/animals 1 or 2 or 3
- Other activities in the area/town surrounding the retreat center 1 or 2 or 3

6) Please comment below about anything else that would be important to you in a retreat center. (e.g. location, services provided, atmosphere, size, etc.)

YOU MAY COMPLETE SURVEY ONLINE AT

WWW.HOPELIFELINE.ORG/SURVEY