



March 2017

H.O.P.E. LIFELINE



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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

It's Scholarship Season!

Each spring, in memory of our co-founder

Jeanette Cartwright, H.O.P.E. awards

academic scholarships to deserving high school

seniors. The award is based on financial need and a history

of cancer in the student's immediate family. Candidates

must have been accepted into a college or trade school, and

winners must then prove completion of one year of attendance.



Support Group Meeting

Date: Wednesday, March 8
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Bonnie Gordon
Topic: Laughter Yoga

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*“Man’s mind,
once stretched by
a new idea, never
regains its
original
dimensions.”*

- Oliver Wendell Holmes

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!

FROM THE EDITOR'S DESK

One aspect of H.O.P.E. that sets it apart from other cancer support organizations is our concern for patients of all ages. Adults make up the majority of our patients, but we also unfortunately see children from toddlers through teens. It is this latter group that is probably the hardest to help, because of the nature of adolescents. So we are happy to introduce you to a young man who himself battled cancer as a teenager and is starting up a support group for teens who are going through this now. Read Buddy's moving story on the next page.

High school seniors who thought this year would never arrive are now scrambling to get ready for life after graduation. Many are college bound and are looking for scholarship assistance. H.O.P.E. has given over 85 scholarships since it first began its program IN 1995. Information is on the front page and the deadline is right around the corner. On page 4 of this newsletter you will find more information about different scholarship programs. And remember, all you need to do is Google cancer scholarships and you will find hundreds more.

We may still technically be in winter, but it's always fun to think about summer getaways, and for children experiencing cancer it can be a life-changing week. They're spending it doing all the fun summer activities typical of camp but doing them with other kids who are going through similar hardships, and under the supervision of staff who understand their needs as well as medical personnel. Look on page 5 of the newsletter for names and descriptions of camps for cancer kids and getaways for families.

ON A POSITIVE NOTE...

No self-respecting Pennsylvania hasn't heard of THON, but most probably don't realize the huge impact it has had on the fight against cancer. Begun in 1973 by Penn State University's interfraternity Council as a dance competition to raise money for a charity, it chose the Four Diamonds Fund as its recipient in 1977 and since then has raised over \$137 million for pediatric cancer patients and their families at the Penn State Milton S. Hershey Medical Center. The Four Diamonds Fund was created 41 years ago when a boy named Christopher Millard wrote a story about a knight who had to collect four diamonds (courage, honesty, wisdom, and strength) in order to defeat an evil sorceress. The story was a metaphor for Chris's battle with pediatric cancer, and the fund was created in his honor.

THON is the largest student-run philanthropy in the world. More than 700 students participate in the 46-hour event, and dancers must stay awake and on their feet the entire time. It is attended by thousands of students and alumni, as well as about 300 cancer patients and their families. And THON doesn't only happen on the main campus of Penn State. Two hundred thirty five high schools and over 70,000 students in five neighboring states hold mini-THONs of their own, and last year the schools raised over five million dollars.

This year's THON slogan was "Igniting Hope Within." The two-day event wrapped up Sunday, February 19, and the total raised was over ten million dollars, which exceeded last year's total.

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

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

Many of you know how much H.O.P.E. touches your lives, but do you really know how many volunteers are behind the scene making sure all services are constantly available to all who need it?

H.O.P.E.'s heartbeat is made up of so many and we can't thank them enough for their endless devotion and love! There's not enough time or space to name everyone, but we need to mention, Marty, who besides being "Head Elf" at Christmas time, keeps everyone organized in the office and on track for the next project. Then there is Bobbie, who's endless shopping for good deals and "what's on sale", keeps our food pantry stocked. Our Kay cooks constantly making up meals to keep in the freezer for our cancer families to take home when needed. While Mary helps with the phones and various office chores. Sandy S., who can create the most sincere and caring letters. Carol S. who coordinates the production of the Newsletter/mailling. Nancy R. our sewing guru, who creates the cutest Chomper Buddy Monsters. They eat your worries away.



We can't forget our "regulars", Linda J., Linda T., Lynn S., Norma L., Marge E., Dawn L. Jeannette K., and Rita, who without their assistant the organization would not run like a well-oiled machine. Last but not least is Herman, who can take a small piece of paper and turn it into a receipt and keep our bookkeeping on point.

These are only a few of the angels who walk this earth and we call our friends!

A Miraculous Journey

Cancer Survivor Buddy Hart Shares His Story and Will Share His Time and Wisdom With a New Teen Group

Teenage years are difficult enough, but for those going through cancer the problems are magnified tenfold. The myriad physical issues are matched by emotional stresses, and teens with cancer have few peers they can relate to. In the past 20+ years of helping cancer patients and their families, H.O.P.E. has helped its share of children and teens, and now we're providing a support group targeted specifically for teens, run by a former teen cancer patient, Buddy Hart. Our new program will encourage participants to express their fears and concerns as well as their hopes and dreams. Few people know better than Buddy what these kids are going through, and he will offer guidance, coping skills, and empathy. Although Buddy is the leader he stresses the program will be determined by the wishes of the teens, and flexibility will be key. Buddy's plan is to begin in April. Anyone interested in joining the support group is asked to call the H.O.P.E. office (717-227-2824) or email barb@hopeforcancerfamilies.org.

Here's Buddy's Story (By Buddy Hart)

To tell my story fully would be a daunting task. If you were to ask me where it truly started I'd tell you it was several months before we finally knew what was going on. I'd tell you about the emotional turmoil that my family had been through by March of that year when my father finally went to rehab, and how in early spring I began to lose my breath. Nothing too notable at first though, just enough to be winded when I normally wasn't at soccer practice. It led me from one doctor to the next.

"Here, take this antibiotic, it's only an illness."

"Try this inhaler, it must only be asthma."

But by December the constant turnover from doctor to doctor was running thin and it was becoming increasingly difficult to climb the stairs without resting for air. Then came the arrival of 'the lump.'

What started as a knot the size of a thumbprint at the top left of my collarbone soon ballooned to the size of a tennis ball within a week's time. Another trip to the doctor sent us to the radiologist. The news was bleak. A mass the size of my lungs was covering them completely and squashing them flat. We had to return for a CT scan in the morning. Those results of course sent us packing to Hershey Med. I met a doctor with a strange title. They said he was an 'oncologist' for whatever that might mean. He looked me straight in the eyes and told me flat, "You're almost 14. You're old enough now that I don't have to send you out of the room so your parents can tell you a watered-down, sugar-coated version later: You have cancer."

It was December 21, 2000, and hardly the kind of Christmas present a 13-year-old would ask for. Not a typical Christmas season at all. The next few days were filled with aspirations of the lump, blood work, my first spinal tap, more blood work, more radiology visits, and to top it off – more blood work and a small break for Christmas Day. A biopsy of the lump came on the 26th. Results showed it was Lymphoblastic Lymphoma, stage 4, progressing fast. The mass turned out to be lymph nodes throughout my body coming to surround my lungs and swelling like individual drone tumors to try and suffocate me. Two more weeks and I might have died in my sleep. What encouraging words those were. On January 3rd I had my meta-port put in, which is like a small device with leads to your heart for direct chemotherapy injections. Subsequently it was also my first real treatment. I slept through it. I thought, this would be easy.

Once I recovered, the treatments came hard and messy. They were aggressively attempting to shrink the tumors as quickly as possible. Suddenly I couldn't even drag my heap of bones to the bathroom without bringing a bucket with me. But trouble was only brewing.

On a fateful, futile, February night I took to the kitchen for a snack. I had learned bread stayed down best and bagels were a new staple. I tried to open the bag with my right hand but could barely hold on to the twist-tie. Obstinate, I switched hands. Now opened successfully I removed the bagel and promptly dropped it with my right hand. Puzzled and ornery, I picked it up and again and it unabashedly returned to the floor. I knew I was getting weaker from chemo and dismissed it all.

When I told the doctor the next day what had happened the night before he looked genuinely terrified for me. His eyes nearly shattered like glass. He said if it happened again we'd need to return right away. No sooner do we pull up to our home that day then it begins. I felt the weakness on my right side but now it was heightened. Fireworks were spreading like a blustery day from my eye to my toes. Defiantly we dismissed them as if they were a figment of my stress. A costly error.

[Continued on page 4]

BUDDY'S STORY (CONTINUED)

With little time lapsing my face drooped, my arms sagged like a windsock, my foot was a cinderblock I dragged behind by a crooked, collapsible knee. We returned to Hershey that day with a gusto rarely seen from my father (a York to Hershey travel time clocked at 18 minutes). We learned it was a stroke, my second to be exact. A third one was imminent. I wouldn't survive the night. They asked me to meet with the chaplain and somehow with just half a working mouth I managed to refuse. I couldn't. I wasn't ready to give up. They said if I made it through the night that there'd be hope. What could I do?

I spent the night counting the dots in the drop-tile ceiling. Anything to stay awake. If this was it, I didn't want to waste a moment with my eyes closed. And then it happened. It grew cold and the room shivered with me. But just when my hope faltered it felt as if the hand of a giant scooped me up in that rickety bed and squeezed me just enough to give me comfort. Suddenly, the night was over and I had made it.

It wouldn't end here.

In the next few months I had to learn simple things again. My muscles could hold me to stand but forgot how to tell my foot to move. Holding a pencil or a fork was suddenly foreign and confusing. But it wouldn't end here.

I learned to walk. I remembered how to write. I battled some of the worst chemotherapies on the market over the next year and a half because no, it wouldn't end here.

January 13th, 2003 – just 5 days before my 16th birthday – I was declared cancer free. For now, my time was done, but no, it doesn't end here.

This world is filled with billions of people with billions of talents and stories to share. The most important and necessary thing we can do for one another is find a way to be there to help and support. One day it might be by raising awareness or funds, or maybe it's simply being there to comfort – an often overlooked and overshadowed responsibility needed from all of us caregivers.

The teen group as I see it is to offer this opportunity to a group all too often left to the wayside (though arguably by their own devices). It's a chance for these young adults to share their experience with people who can understand and sympathize in a way that someone who hasn't or isn't going through it at this age can. Together there is hope. Together there is strength. Together, it doesn't have to end here.

SCHOLARSHIP ASSISTANCE IS AVAILABLE

We told you about the Ulman Cancer Foundation for Young Adults in a previous newsletter. Its stated purpose is to "change lives by creating a community of support for young adults, and their loved ones, impacted by cancer." One valuable resource it provides is its scholarship program. The Foundation has compiled scholarships offered by a variety of individuals and organizations. Applicants need to fill in only one form and the Foundation will match them with any and all scholarships they qualify for. Go to www.ulmanfund.org/scholarships to find a list of scholarships and the form to complete online. Application deadline is March 15.

In addition to the Ulman Foundation scholarships, there are many others offered to students who have or have had cancer. Below is a short list:

- **Andre Sobel River of Life Foundation** (www.andreriveroflife.org)

Applicants must be cancer survivors under the age of 21. A \$5,000 scholarship is awarded to one winner with \$1,000 to honorable mention winners. This is an essay competition. The deadline is early April. For more information, call 310-276-7111 or send an email to Info@AndreRiverOfLife.org.

- **Cancer Survivors Fund** (www.cancersurvivorsfund.org)

Provides scholarships for cancer survivors who are residents of the United States. Candidates must be a cancer survivor or currently diagnosed with cancer, but do not need to be receiving treatment to qualify. Scholarships are awarded based on hardship and academic qualifications of the candidates.

- **Nicki Leach Foundation** (www.nickileach.org)

Provides funding to high school and college students ages 16-25 with cancer. The awards include but are not limited to scholarships to help pay for college. The awards can also be used to pay for everyday expenses.

- **National Collegiate Cancer Foundation** (www.collegiatecancer.org)

An annual, nonrenewable \$1,000 scholarship for cancer survivors or students who currently have cancer. Applicants must be between 17 and 27. Recipients are selected on the basis of financial need, an essay, recommendations, cancer story, and demonstrating a "Will Win" attitude. Deadline is September 15. For more information, call 717-215-0943 or send email to info@collegiatecancer.org.

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.

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.

Little Pink Houses of Hope
www.littlepink.org

Breast cancer patients and their families can get away for a week at a beach house retreat in Delaware, North and South Carolina, Alabama, Florida, or California.

- The week stay is free, but families must pay for transportation.
- Single people are also eligible.
- Applicants must be ambulatory, at least 18 years of age, a patient who has undergone treatment for breast cancer within the past 12 months and is under the care of a licensed physician.



Join us in your formal attire for an evening of dinner, drinks, dancing, photos and fun.
Silent Auction. Please bring Cash for the 50/50 raffle.
Cash bar will be available.

Tickets include a light dinner, drink, dancing, photo booth, and digital prom pictures for a keepsake.
Visit AdultPromYork.com for tickets.

All proceeds benefit H.O.P.E.
www.hopeforcancerfamilies.org

Due to the
popularity of this
event, tickets



Sunday, April 9

**New Freedom Community
Building**

Doors open at 12:30

Games begin at 2

Tickets \$15 before April 9

\$18 at the Door



Paint Night!

**Wednesday evening,
April 26**

**At the Black Cap
Brewery in Red Lion**

5 West High Street

**Call the H.O.P.E. office
for more information**

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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