

## CELEBRATING 20 YEARS OF SERVICE



Dear Friends and Supporter of Project Hoffnung,

It's hard to believe that almost 20 years have passed since the start of our program in 1997. What started out as a question about getting screened for breast cancer to a small Amish community in Southeast Ohio has now developed into a statewide (and beyond!) program that provides breast cancer education, screening, follow-up services, and cancer support to Amish, Mennonite and Plain communities. Our program is unique in that it is led by the communities we serve with trained community members who understand your beliefs and needs for health care. Since the beginning of our program, we have served well over 5,000 women with life-saving screening and support for breast health issues.

We strongly believe that the communities should lead and guide our efforts, and we also believe in training health care providers, agencies and hospitals in understanding the culture and beliefs of your communities. We're excited to present our National Health Care Conference June 7-9th this year to provide an opportunity for community leaders to share the culture and history of Amish and Plain communities and also talk about health issues that need to be addressed. More information is in this packet, and we hope you can join us!

I feel so blessed to be a part of an amazing team of community members, volunteers, health care providers, agencies, hospitals and family members who all feel called to serve this health ministry. We look forward to this special celebration of 20 years and can't wait to see you at one of our screenings and events! **Thank you.**

## UPCOMING 2017-2018 SCREENINGS

|                           |                                    |
|---------------------------|------------------------------------|
| 5/24 FUMC – MIDDLEFIELD   | 10/4 SHARON MENNONITE – SUGARCREEK |
| 5/31 GATEWAY –MILLERSBURG | 10/18 ANDOVER                      |
| 6/14 MCA – FREDERICKSBURG | 10/25 FUMC – MIDDLEFIELD           |
| 6/21 MONROE               | 11/1 MCA – FREDERICKSBURG          |
| 7/11 WEST UNION           | 11/8 MARSHALL                      |
| 7/26 FUMC – MIDDLEFIELD   | 11/15 CALAIS / SALESVILLE          |
| 8/2 BAINBRIDGE            | 11/29 FUMC – MIDDLEFIELD           |
| 8/9 MCA – FREDERICKSBURG  | 3/7/18 DANVILLE                    |
| 8/16 OTSEGO               | 3/14/18 KIDRON                     |
| 9/6 CLEAR CREEK / SHILOH  | 3/21/18 SWITZERLAND CO., IN        |
| 9/13 MCA – FREDERICKSBURG | 4/4/18 KENTON                      |
| 9/20 FUMC – MIDDLEFIELD   | 4/18/18 HICKSVILLE                 |



## PROJECT HOFFNUNG

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PROJECT HOFFNUNG, or *Hope*, was created in 1997 to help provide cancer outreach and research programs to Amish and Mennonite communities. Named in reference to the old English definition of hope itself, which is trust, PROJECT HOFFNUNG identified with the common language of many Amish and Mennonite communities to provide a bridge between the respected beliefs of these cultures and modern advances in breast cancer care.

PROJECT HOFFNUNG serves the entire state of Ohio in delivering culturally competent breast health information, free women's health screenings, and the support needed for any follow-up.

**In short, the mission of PROJECT HOFFNUNG is to prevent the unnecessary death of Amish and Mennonite women from breast cancer.**

PROJECT HOFFNUNG QUARTERLY NEWSLETTER VOLUME 5 ISSUE 1

## HOW OFTEN SHOULD I GET SCREENED?

If you have picked up a newspaper or magazine over the past year, I'm sure you have seen the many different messages and recommendations about when and how often to get screened for breast cancer. What age should I begin getting screened, what tests should I use for screening, and how often should I get screened? It would seem that these should be easy questions to answer, but there are many different opinions and factors to consider that really may differ from person to person.

### Breast Cancer Screening Tests

Mammograms are important screening tests that can help find breast cancer in a person without symptoms. Currently, mammograms are the best way to detect breast cancer. Mammograms use X-rays to make an image of the breast for doctors to look for anything suspicious. They can help find breast cancer early, when the chances of survival are the highest.

Clinical breast exams (CBEs) are performed by a health care provider to check for lumps or changes in your breast. The health care professional will check your breast and underarm areas. They can help determine if something you are feeling in your breast is normal breast tissue, or something you should have checked out further.

### Screening Guidelines

Now here's the confusing part. The four big cancer organizations- The American Cancer Society, The US Preventive Services Task Force, the National Comprehensive Cancer Network, and Susan G. Komen for the Cure- all have somewhat different guidelines. Some recommend getting screened at age 40, some at 45, and some at 50. Some recommend getting screened every year between 45-54, some recommend getting screened every year at age 40, some recommend getting screened every other year between 50-74. What is important to know is that all of these recommendations are based on a woman who has an **average** risk of breast cancer. That means that she has no genetic issues or other health issues that may give her a higher risk for getting breast cancer. Only your health care provider can help you determine your risk.

Dr. Melissa Thomas actually did a research study that looked at breast cancer rates among Amish women living in the Holmes County and Geauga County settlements, and she found that Amish women were dying at a higher rate of breast cancer when compared to non-Amish White women living in the same counties and in Ohio and in the US! ***In fact, the leading cause of death of Amish women under the age of 60 was breast cancer.***

We strongly feel that all Amish, Mennonite, and Plain communities should have access to education, screening, follow-up and breast cancer treatment support by trained people who care about your health and your culture. One thing is certain..all major cancer organizations agree that you should talk to your health care provider about what screening tests and guidelines are right for you.

Project Hoffnung makes having regular screenings easy! We visit every location each year and make sure to send you reminders when we are going to be in your area. We also give you the most current research on breast cancer to help make sure you stay as informed and healthy as possible. Please contact us if you have any questions or concerns.

## AND THE WINNER IS...!

Each year, we collect name cards at each of our screenings so that we can quickly tally up all the services provided at the end of the day. With about 500 names in the drawing for each year, I am happy to announce that Ms. Grace Martin from Bainbridge, OH is our 2016 winner! We are happy to provide this small gift that will hopefully remind everyone of the importance of taking charge of your health.

# ADDRESSING THE HEALTH CARE NEEDS OF AMISH AND PLAIN COMMUNITIES

JUNE 7-9, 2017

In addition to providing education, women's health screenings, and resources to Amish and Mennonite communities in need, we also feel strongly about providing opportunities to educate health care professionals about how to better care for their residents. *Project Hoffnung* is honored to announce the date of its National Amish Health Conference, which will be held June 7-9 at Mohican State Park and Lodge in Perrysville, Ohio.

The theme for the conference, *Best Practices in Communication, Access, Delivery, and Design*, will focus on evidence-based community led initiatives that have improved the health of Amish and Plain communities.

The conference draws people who are employed by hospitals, colleges and universities, health insurance companies, local and state health departments, and other agencies that address the healthcare needs of Amish and Plain communities. Members of the community are also welcome to attend, learn, and share.

Amish and Plain community members who wish to attend will receive a reduced rate of \$185.

The conference will begin at 1:15 pm Wednesday, June 7, 2017 with an opening introduction from Melissa Thomas, the founding director of *Project Hoffnung*. June 8<sup>th</sup> will be an all-day event from 9:00 am – 6:45 pm.

Dr. Randall Longenecker, Assistant Dean for Rural and Underserved Communities from Ohio University, will open our conference as our keynote speaker. Other speakers include Dr. Joe Donnermeyer from Ohio State University, and Tony Snyder, CEO of Joel Pomerene Hospital. We will also be hosting cultural conversations led by Jacob Beachy, David Kline, Dr. Cory Anderson, and Dr. DJ McFadden. (Millersburg, OH).

Please call 1-877-463-3686 ext. 10 with any questions that you have about the schedule or the conference in general. A total of 10 states are represented in the registrations received so far!

If interested, the registration can be found on the back of this page.

Kind regards,

Austin Cech  
Conference Coordinator



## 2017 NATIONAL AMISH HEALTH CONFERENCE REGISTRATION

### Participant Information: (PLEASE PRINT)

|               |        |           |
|---------------|--------|-----------|
| Name:         |        |           |
| Title:        |        |           |
| Organization: |        |           |
| Address:      |        |           |
| City:         | State: | Zip Code: |
| Phone:        | Email: |           |

#### Registration Options- Deadline: May 24, 2017

|                          |   |       |
|--------------------------|---|-------|
| <input type="checkbox"/> | Professional Rate (Full Conference)   | \$360 |
| <input type="checkbox"/> | Amish/Plain/Rural Community Member Rate   | \$185 |
| <input type="checkbox"/> | One Day Rate (Choose Day: <input type="checkbox"/> 6/7 <input type="checkbox"/> 6/8 <input type="checkbox"/> 6/9) | \$175 |

We hope you will join us for the entire conference, but we understand that may not be possible. To assist us in planning for enough meals, please tell us which meals you will be eating at the conference.

|   |   |   |
|---|---|---|
| <input type="checkbox"/> Wednesday Lunch  | <input type="checkbox"/> Thursday Breakfast | <input type="checkbox"/> Friday Breakfast |
| <input type="checkbox"/> Wednesday Dinner | <input type="checkbox"/> Thursday Lunch     | <input type="checkbox"/> Friday Lunch     |
|   | <input type="checkbox"/> Thursday Dinner    |   |

**Please indicate dietary restrictions/needs below:**

#### Need Additional Meals? \$25 each or \$150 for all

Indicate the number of tickets next to each meal desired

|   |   |   |
|---|---|---|
| <input type="checkbox"/> Wednesday Lunch  | <input type="checkbox"/> Thursday Breakfast | <input type="checkbox"/> Friday Breakfast |
| <input type="checkbox"/> Wednesday Dinner | <input type="checkbox"/> Thursday Lunch     | <input type="checkbox"/> Friday Lunch     |
|   | <input type="checkbox"/> Thursday Dinner    |   |

#### Payment Information

Payment to CARE  Enclosed  
 is:  Purchase order: # \_\_\_\_\_ Total Amount: \$ \_\_\_\_\_  
 Credit card via PayPal service through [www.appalcare.org](http://www.appalcare.org)

**Mail Payment and Registration by May 24<sup>th</sup> to:**

**Project Hoffnung**

PO Box 28103, Columbus, OH 43228

*Please make checks payable to: Center for Appalachia Research in Cancer Education (CARE)*

CARE tax ID: 45-0678814

**Questions? Contact [conference@appalcare.org](mailto:conference@appalcare.org) or 1-877-463-3686 x710**

Please check the website at [www.appalcare.org](http://www.appalcare.org) for details about continuing education opportunities.