

ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM
800.877.8077

We are here for you. STAY CONNECTED.

breast-cancer.adelphi.edu
One South Avenue, PO Box 701 • Garden City, NY 11530
Offices: 516-877-4320 • Fax: 516-877-4336 • E-mail: breastcancerhotline@adelphi.edu

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

HEALTHY MOM Checklist

- Clinical Breast Exam
- Reduce Stress
- Exercise Regularly
- Drink plenty of water
- Schedule a Mammogram
- Eat Healthy
- Listen to your instincts
- Advocate for Yourself



- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who has been there.



WE ARE HERE TO HELP!!!
800.877.8077

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2016 ON-GOING BREAST CANCER SUPPORT GROUPS

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers new on-going support groups.

WEEKLY GROUPS

General • Monday 6:00 - 7:30 p.m.

Women who have had breast cancer will have the opportunity to meet in this group.

Caregivers of People with Breast Cancer • Monday 6:00 - 7:30 p.m.

Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

Young Women 40 and Under • Tuesday 6:00 - 7:30 p.m.

This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.

Newly Diagnosed • Friday 10:00 - 11:30 a.m.

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

BI-WEEKLY GROUPS

Women with Metastatic Disease 2nd and 4th Thursday of the Month 7:00 - 8:00 p.m.

Meet with other women who are surviving metastatic breast cancer.

MONTHLY GROUP

Knit and Chat Last Wednesday of the Month 11:30 a.m. - 1:00 p.m.

Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

All groups will meet at the Adelphi School of Social Work in Garden City.

A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.

For information, questions, or to join a support group, call Erin Nau, LCSW, Counseling & Education Coordinator at 516-877-4314 or enau@adelphi.edu

*All services are free and confidential.
These support groups are for ALL SURVIVORS.*

Our 2016 support groups are sponsored by the Alpern Family Foundation

UPCOMING EDUCATIONAL FORUM

-SAVE THE DATE-

EXERCISE FORUM

Tuesday, July 26, 2016

The Adelphi NY Statewide Breast Cancer Hotline & Support Program will be partnering with the Sid Jacobson JCC for this forum.

More details to follow.

Visit us online for more information on this forum.

If you missed our NUTRITION or CLINICAL TRIALS forums in May, please [click here](#) to visit our YouTube channel to watch the videos of the event.

*The 2016 educational forums are sponsored by
The Junior Coalition of the
Manhasset Women's Coalition Against Breast Cancer*

IASWG 2016 NEW YORK CITY SYMPOSIUM

**The Long Term Impact of Social Worker Led Support Groups
on Breast Cancer Survivors: An Initial Inquiry at
IASWG 2016 New York City Symposium
Friday, June 17th**

Hillary Rutter, LCSW, ACSW, and Erin Nau, LCSW, of the Adelphi NY Statewide Breast Cancer Hotline & Support Program will be presenting on June 17th at 9 am.

They will be presenting the initial findings of their exciting research project:
Breast Cancer Survivors' Experiences in Support Groups.

If you would like to participate in this research project please [click here](#)
This survey will be conducted online. All information will be confidential.
Your participation in this study is 100% voluntary and should only take 5-10 minutes.

If you have any questions, please contact
Erin Nau enau@adelphi.edu or Hillary Rutter rutter@adelphi.edu



The Adelphi NY Statewide Breast Cancer Hotline & Support Program is pleased to partner with Cancer and Careers on the 6th Annual National Conference on Work & Cancer on Friday, June 17, 2016, in New York City!

This FREE conference will explore the complexities working people face as they try to balance their cancer treatment and recovery with employment. Topics will include job search, legal issues, health insurance, working during treatment and more. CEUs will be offered for oncology nurses and social workers.

For more details or to register, please visit www.cancerandcareers.org/conference

It's time to get creative...

creative cups™ 2017 We have extended our Registration Deadline.

Register your Creative Cup today!

The graphic features four small images: a roll of purple fabric, a piece of white lace fabric, a pair of gold-handled scissors, and a pink glue gun.

We have extended our Creative Cups Registration Deadline.

[Click here](#) to register now.

**For questions regarding registration or for more information visit:
creativecups.adelphi.edu or call the Hotline: 800-877-8077**



If you missed Creative Cups on WCBS News radio 880 last week, [click here](#) to listen to the entire interview. WCBS Anchor Pat Farnack talks with Lyn Dobrin, PR consultant about Creative Cups.



[Click here](#) to listen to our Creative Cups interview on WALK 97.5. Donna Vaughn of WALK 97.5 spoke with Hillary Rutter, Director of the Adelphi Breast Cancer Program, Lyn Dobrin, PR Consultant for the Adelphi Breast Cancer Program and Lisa Munier, Event and Professional Relations Manager at Long Island Plastic Surgical Group, PC about the Creative Cups program and The Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Important Dates for participation in Creative Cups 2017

Register Today - The Registration Deadline has been extended

July 15, 2016 - Postmark deadline for mailing your bra

March 16, 2017 - Creative Cups Auction and Gala

BECOME A SPONSOR!!!

If you are interested in becoming a sponsor for Creative Cups™ 2017, please [click here](#) to see a list of sponsorship opportunities.

RESEARCH OPPORTUNITIES

Please use the contact information listed for each research project if you are interested in participating.



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HAVE YOUR VOICE HEARD

Are you a current or former participant in a Breast Cancer support group?

Participate in a Research Study and share your experiences in Breast Cancer Support Groups.

WHAT IS THE PURPOSE?

The purpose of this study is to better understand the long term benefits as identified by participants in breast cancer support groups. This survey will identify common reasons for attending a support group, their identified benefits, overall experiences, and the long term impact on their survivorship. Identifying these factors will allow breast cancer agencies to plan and facilitate more sustainable support groups.

YOU CAN PARTICIPATE IN THIS STUDY IF YOU:

- Have ever participated in a breast cancer support group
- Are over the age of 18

This survey is being conducted by Erin Nau, LCSW and Hillary Rutter, LCSW of the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

This survey will be conducted online. All information will be confidential.
Your participation in this study is 100% voluntary and should only take 5-10 minutes.



If you would like to participate please [click here](#).

**If you have any questions, please contact
Erin Nau enau@adelphi.edu or Hillary Rutter rutter@adelphi.edu**

Thank you for participating in the survey. Please share this survey with others who might qualify.

Research Participants Needed for Study Of Early Onset Breast Cancer

A research study is being conducted at The Feinstein Institute for Medical Research, part of Northwell Health, to learn more about how genetic variants act and are influenced by other genes or environmental factors in the development of breast cancer before the age of 40 years. The researcher, Annette Lee, PhD is recruiting women with and without BRCA mutations who were diagnosed with early onset breast cancer to participate in this study.

The purpose of the study is to learn more about how genetic variants influence the development of breast cancer in women under the age of 40 years. Ultimately the researchers hope this knowledge can prove useful for determining individual risk of developing early onset breast cancer.

To participate in the study, you must be over the age of 18, and have been diagnosed with breast cancer before the age of 40. If you choose to participate, you will be asked to provide a saliva sample (less than 1 teaspoon) and provide information about yourself, your medical history and your family history. The sample and information you provide will be used for this study and also stored in a specimen bank for use in additional future studies.

To learn more about this study, please contact the study nurse at 516-562-8377 or tdp@northwell.edu



Take the First Ever National Young Adult Cancer Survey!

Cancer in young adults sucks. But you already knew that.

In an unprecedented partnership, Stupid Cancer, Young Survival Coalition (YSC) and Critical Mass are teaming up for the first ever **National Young Adult Cancer Survey**.

Please help us prioritize, in your opinion, the most pressing issues facing the young adult cancer movement to-day. Your insight will help us more effectively and efficiently channel our collaborative strategy.

Take the survey here: <http://YoungAdultCancerSurvey.org>

This is kind of a big deal, so thank you for being awesome!

Heidi Adams, CEO, Critical Mass
Jennifer Merschorf, CEO, Young Survival Coalition
Matthew Zachary, CEO, Stupid Cancer

HAPPY BIRTHDAY



WE WOULD LIKE TO WISH A HAPPY BIRTHDAY TO ALL OF OUR VOLUNTEERS WHO WILL BE CELEBRATING IN THE MONTH OF JUNE

Ros C.
Dolores P.
Pat N.



If you have any recipe you would like to see featured in Foodie Fridays, please e-mail knewman@adelphi.edu.

STAY CONNECTED TO US!!!

Reasons to connect to us on social media..

- See photos of our wonderful volunteers at our outreach events
- Stay up-to-date on events, forums and support groups
- Read news articles and new study's on breast cancer
- Read inspiring stories from our volunteers
- If you miss an event see videos of our speakers
- See the wonderful people and businesses that support us and more...



FACEBOOK: www.facebook.com/adelphibreastcancerhotline

TWITTER: [@AUbreastcancer](https://twitter.com/AUbreastcancer)

PINTEREST: www.pinterest.com/nysbreastcancer

YOUTUBE: www.youtube.com/user/AUBreastCancer

SISTERS UNITED IN HEALTH



SISTERS UNITED IN HEALTH

An initiative for breast health information.

HERMANAS UNIDAS EN LA SALUD

Una iniciativa para la información sobre la salud del seno.

WE CAN...

- Help you get a free or low-cost mammogram REGARDLESS OF YOUR HEALTH INSURANCE OR IMMIGRATION STATUS.
- Answer your breast health and breast cancer questions and provide educational materials.
- Provide breast health workshops at no cost. Available in English and Spanish.

Sisters United in Health now has their own facebook page.
Please [click here](#) to like the page.



GET A REFERRAL FOR A FREE OR LOW-COST MAMMOGRAM

For more information call Sisters United in Health at
800.559.6348 or [click here](#) to learn more.



We are happy to announce
that we have added a LIVE CHAT feature to our website.
You can visit our website breast-cancer.adelphi.edu
to live chat with a survivor or a social worker.

MARK YOUR CALENDARS

LI2Day Walk - June 11, 2016

IASWG 2016 NYC Symposium - June 17, 2016

Cancer & Careers - Annual Conference on Work & Cancer - June 17, 2016

Exercise Forum - July 26, 2016

Creative Cups 2017 - March 16, 2017 (Remember to [Register Now](#))

CREATIVE CUPS WORKSHOPS - SIGN UP FOR ONE TODAY!!!

Art & Soul Studio (Nesconset, NY) - June 10, 2016 or June 17, 2016 6 - 8 p.m.

The Art Studio (Rockville Centre, NY) - June 14, 2016 or June 15, 2016 8 - 10 p.m.

ArtSea Studio (Babylon, NY) - June 16, 2016 or June 17, 2016 6 - 8 p.m.



YOUR CONTRIBUTIONS ARE ESSENTIAL.

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is working hard to educate, support, empower and advocate for breast cancer patients, professionals and the community and we need your help. Please [click here](#) to donate today to support our program.

NOTICE

It has been brought to our attention that people are receiving calls from aggressive telemarketers claiming to be a breast cancer charity. We want to assure you that The Adelphi NY Statewide Breast Cancer Hotline & Support Program does not do telephone solicitations.

If you receive any calls from breast cancer charities that you feel may be fraudulent, please call the NYS Attorney Generals Office Helpline at 1-800-771-7755 to report them.