

ADELPHI NY STATEWIDE

**BREAST CANCER HOTLINE & SUPPORT PROGRAM**

**800.877.8077**

**We are here for you. STAY CONNECTED.**

[breast-cancer.adelphi.edu](http://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](mailto:breastcancerhotline@adelphi.edu)



1 in 8 women will receive a breast cancer diagnosis during their lifetime.

**NO MORE EXCUSES**

**MAKE TIME FOR YOU. SCHEDULE A MAMMOGRAM TODAY!**

Contact the **Adelphi Breast Cancer Hotline**  
to find out how to get a free or low-cost mammogram.

**800.877.8077**

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## **VERIZON FIOS 1 INTERVIEW**

**For Breast Cancer Awareness Month Verizon Fios 1 - Long Island came to the Adelphi Breast Cancer Hotline to interview our Assistant Director Reyna Machado along with volunteers Myra Taylor and Antonella D'Alessio. [Click here](#) to watch the interview.**

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## **SUPPORT GROUPS**

### **2016 On-Going Breast Cancer Support Groups**

**The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers 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](mailto: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*

# FORUMS

**Adelphi NY Statewide Breast Cancer Hotline & Support Program**  
*In collaboration with*



*Invite you to attend our upcoming forum*

**WE HAVE RESCHEDULED THE MEDICAL FORUM: HOW TO INTERPRET YOUR MEDICAL RESULTS**



**NEW DATE: TUESDAY, DECEMBER 13, 2016**

**6:00 - 8:00 p.m.**

**at**

**Alumni House at Adelphi University**  
**154 Cambridge Avenue, Garden City, NY**

**Have you ever received test results before meeting with your doctor and wondered what everything means?**

Join us to learn how to be a better advocate for your health by learning how to better read your records.

**SPEAKER: Mitchell A. Adler, MD, JD, MPH, FACP**

Dr. Adler attended medical school at NYU and received his post-graduate training at the NYU Medical Center and Bellevue Hospital, where he completed a three year residency in Internal Medicine followed by one year as Chief Resident. He subsequently joined the faculty of NYU School of Medicine and engaged in private practice between 1984 and 2012. He was a founding partner of the Murray Hill Medical Group (MHMG) in 1992. He helped implement an electronic medical record (EMR) system at MHMG in 1998, which led to his practice's becoming paperless several years later. After using and optimizing his EMR system for 14 years, he left his practice to join the Northwell Health in 2012, where he is now Chief Medical Informatics Officer for Northwell Health Physician Partners, which is the health system's ambulatory network. In that position, he oversees the ambulatory electronic health record (AEHR), also known as Allscripts TouchWorks.

Along the way, Dr. Adler also attended law school at Fordham, was admitted to the New York Bar, and earned a Master's Degree in Public Health from Columbia University's Mailman School of Public Health. He served a four year tenure as a member of the American College of Physician's Medical Informatics Committee. At Northwell Health, he is also a member of the Division of Medical Ethics and an active member of the Ethics Committee.

**REGISTRATION:**

All forums are free and open to the public. Seating is limited. Pre-registration is required.

**HOW TO REGISTER:**

Call 516-877-4325 or e-mail [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or

Register online at: [breast-cancer.adelphi.edu/we-can-help/forums/](http://breast-cancer.adelphi.edu/we-can-help/forums/)

If you are unable to join us for the forum, please watch our livestream of the event on YouTube.

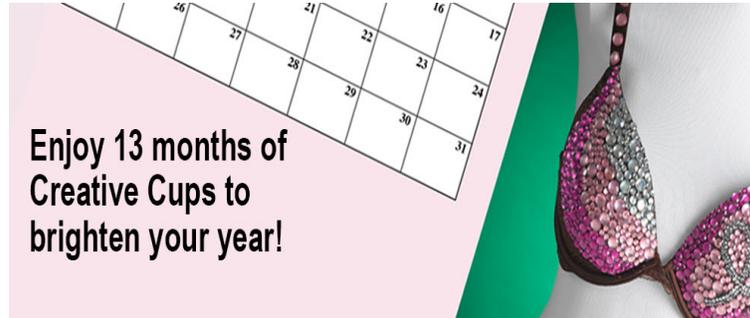
[www.youtube.com/AUBreastCancer](http://www.youtube.com/AUBreastCancer)

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

## EVENTS

### CREATIVE CUPS 2017

#### CREATIVE CUPS 2017 CALENDARS



*With Creative Cups still a few months away, why not have a sneak peek?*

**Creative Cups Calendars are now available for purchase.**

In this 8.5 x 11 wall calendar, we highlight thirteen months of fabulous Creative Cups to brighten up your year. At only \$20.00 each, the Creative Cups 2017 Calendar will make an attractive decorative accent in any home or at the office.

- Features 13 full-color images of bras transformed into works of art.
- Bonus planner page (December 2016)
- Ample space for notes and important dates
- Observes major holidays
- Premarked with the Creative Cups 2017 Gala and Auction on March 16, 2017. We hope to see you there!

**» Order your Creative Cups 2017 Calendar today!**

*Calendar shipments will begin on or before November 15. Calendars will be sold for a limited time only and will not be sold at the event.*



**Learn how you can 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.

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## **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

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

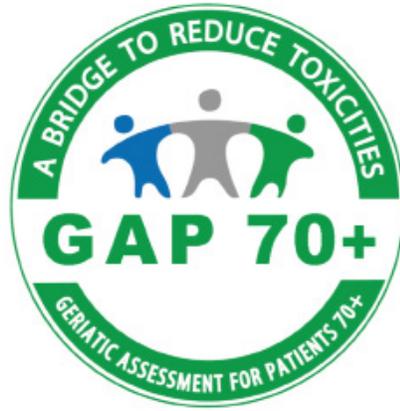


This survey will be conducted online. All information will be confidential.  
Your participation in this study is 100% voluntary and should only take 5-10 minutes.

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

**If you have any questions, please contact  
Erin Nau [enau@adelphi.edu](mailto:enau@adelphi.edu) or Hillary Rutter [rutter@adelphi.edu](mailto:rutter@adelphi.edu)**

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



**Participate in a Research Study on  
Geriatric Assessment for Patients 70+:  
Bridging the GAP to Improve Chemotherapy Toxicities**

This study is being conducted to find out if a Geriatric Assessment (survey) can help improve and develop a standard approach for reducing side effects from chemotherapy in older patients with cancer.

**For more information about this study,  
please [Click here](#) to see the brochure.**

If interested, speak with your doctor or contact **Dr. Vincent Vinciguerra**  
at North Shore-LIJ Health System, Monter Cancer Center  
450 Lakeville Road, Lake Success, NY 11042 • 516-734-8954

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**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](mailto:tdp@northwell.edu)



February 1, 2016

**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 today. 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



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**A PHASE 1 STUDY OF THE SAFETY AND TOLERABILITY OF SINGLE AGENT  
MSI-1436C IN METASTATIC BREAST CANCER PATIENTS**

Northwell Health in collaboration with Cold Spring Harbor Laboratory and DepYmed, inc. have a new clinical trial is available which involves an experimental drug that interferes with breast cancer growth. For more information, [click here](#).

## **FUNDRAISERS**

**We would like to thank everyone that helped support the  
Adelphi Breast Cancer Program during the month of October!!!**

**Adelphi University**

**Art & Soul Studio**

**Drag A-GoGo**

**Fortunoff - Power of Pink**

**Garden City Bowl**

**Merritt Bakery**

**Miceli Brothers of West Babylon**

**Simply Stunning**

**Sir John's Haircutters**

**Turn of the Corkscrew Books & Wine**

AMERICANA MANHASSET  
**CHAMPIONS**  
FOR CHARITY®

**December 1 - December 4, 2016  
(registration opens in October)**

Americana Manhasset Champions for Charity® Holiday Shopping Benefit is December 1 - 4, 2016. Help support our organization by doing your holiday shopping at participating Americana Manhasset and select Wheatley Plaza stores during these four days, when 25% of your designated full-price pre-tax purchases will be donated back to us!

To register for your complimentary CHAMPION CARD or for more information, visit [championsforcharity.org](http://championsforcharity.org), call 800.818.6767, or visit the Americana Manhasset Concierge storefront location. When it's time to make a purchase, simply present your CHAMPION CARD with any form of payment. Donations will be made on full-price merchandise only, subject to individual store policy. Your purchases are not automatically eligible. Your CHAMPION CARD is required to allocate your donation and must be presented at the time of each purchase. Donations on participating store gift certificates and special order merchandise are subject to individual store policy.

# HAPPY BIRTHDAY



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

Teresa G.  
Linda D.

Bonnie H.  
Heike B.

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## STAY CONNECTED TO US!!!

**There are many 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 are unable to attend an event, watch our livestream of the event online
- See the wonderful people and businesses that support and more...



FACEBOOK: [www.facebook.com/adelphibreastcancerhotline](http://www.facebook.com/adelphibreastcancerhotline)

TWITTER: @AUBreastcancer

PINTEREST: [www.pinterest.com/nysbreastcancer](http://www.pinterest.com/nysbreastcancer)

YOUTUBE: [www.youtube.com/user/AUBreastCancer](http://www.youtube.com/user/AUBreastCancer)

# SISTERS UNITED IN HEALTH



## 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.

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## 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.

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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](http://breast-cancer.adelphi.edu) to live chat with a survivor or a social worker.

# EVENT CALENDAR

1. Creative Cups 2017 - March 16, 2016

## UPCOMING FORUM

1. How to interpret your medical records - December 13, 2016



**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.