

We are here for you. STAY CONNECTED.

The **Adelphi Breast Cancer Program** helped me



**ADELPHI NY STATEWIDE BREAST CANCER
HOTLINE & SUPPORT PROGRAM**
800-877-8077



We can help you!

**Click here to support
The Adelphi Breast Cancer Program
and read these inspiring stories.**

Quick Links

[Our Website](#)
[Donate Now](#)
[Contact Us](#)

Table of Contents

[FORUMS](#)
[SUPPORT GROUPS](#)
[CELEBRATION OF](#)
[SURVIVORSHIP 2017](#)
[Join us for the](#)
[FUNDRAISERS](#)
[RESEARCH](#)
[OUR VOLUNTEERS](#)
[STAY CONNECTED](#)
[TO US!](#)
[SISTERS](#)
[ONLINE CHAT](#)

Event Calendar

Rockin' Roll Bowl
November 4, 2017

Lymphedema Forum
November 6, 2017

FORUMS

Managing Your Lymphedema

**Monday, November 6, 2017
(6:00 - 8:00 p.m.)**

Alumni House at Adelphi University

Sexuality Forum

November 16, 2017

**Champions for
Charity**

Nov 30 - Dec 3, 2017

LI2Day Walk

June 9, 2018

**Thank you to all
our sponsors**

*We would like to say
thank you to all our
amazing sponsors.
(listed below in
alphabetical order)*

**Alpern Family
Foundation Inc.**

**The Beth C. Tortolani
Foundation**

Kat's Ribbon of Hope

LI2Day

**Manhasset Women's
Coalition Against Breast
Cancer**

**The Junior Coalition of
the Manhasset Women's
Coalition Against Breast
Cancer**



The Adelphi NY Statewide Breast Cancer Program presents medical professionals from different disciplines who will speak about the best ways to manage lymphedema.

Lymphedema, a side effect from breast cancer surgeries, is a condition of localized fluid retention and tissue swelling. The incidence of breast cancer–related lymphedema ranges from 0 to 3% after lumpectomy alone to as high as 65% to 70% after modified radical mastectomy (removal of breast and axillary lymph nodes) with regional nodal radiation. It can be painful and tissues with lymphedema are at high risk of infection. Although incurable a number of treatments can ameliorate symptoms.

SPEAKERS FOR THE EVENING:

Please [click here](#) to read the speaker's bios

Nassau County Women's
Bar Foundation

NYS Department of
Health

Pink Aid

Plastic Surgery
Foundation



Thomas Davenport, MD, FACS
LI Plastic Surgical Group



Michele Hughes, OTR/L
Pink Lotus Therapy P.C.



Diana Tjaden, PT, DPT

Founder & Director of Full Circle Physical Therapy P.C.



Diane Raspanti, LANA, CLT, LMT

Westbury Total Health Care

The meeting, which is free and open to the public, will be held at Adelphi's Alumni House, 154 Cambridge Avenue, Garden City.

Reservations are required.

To register for this forum,
please call 516-877-4325;

email breastcancerhotline@adelphi.edu or
register on-line at
breast-cancer.adelphi.edu/we-can-help/forums/

*The Junior Coalition of the Manhasset Women's Coalition
Against Breast Cancer is sponsoring the 2017 forums.*

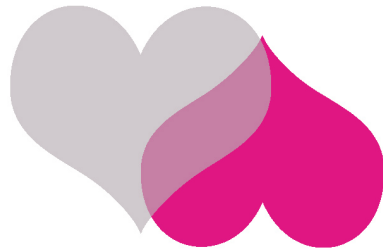
If you are unable to attend the forum, you can watch it on FACEBOOK LIVE:
www.facebook.com/adelphibreastcancerhotline

Sexuality and Breast Cancer

Thursday, November 16, 2017

(6:00 - 8:00 p.m.)

Alumni House at Adelphi University



The treatments for breast cancer can have a negative impact on a woman's body image and sexuality. A panel of experts in the medical and behavioral health field will discuss Sexuality and Breast Cancer.

SPEAKERS FOR THE EVENING:

Please [click here](#) to read the speaker's bios

Jill Maura Rabin, MD

*Professor of Obstetrics and Gynecology,
Hofstra Northwell School of Medicine,
Co-Chief, Division of Ambulatory Care & Women's Health Programs-PCAP Services,
Northwell Health*



Chris Karampahtsis, MD., MPH

Department of Behavioral Health at NYU Winthrop Hospital



Lori LeGrand, LCSW

Department of Behavioral Health at NYU Winthrop Hospital



Carole Filangieri, PhD

Department of Behavioral Health at NYU Winthrop Hospital

The meeting, which is free and open to the public, will be held at Adelphi's Alumni House, 154 Cambridge Avenue, Garden City.

Reservations are required.

To register for this forum,
please call 516-877-4325;
email breastcancerhotline@adelphi.edu or
register on-line at
breast-cancer.adelphi.edu/we-can-help/forums/

*The Junior Coalition of the Manhasset Women's Coalition
Against Breast Cancer is sponsoring the 2017 forums.*

If you are unable to attend the forum, you can watch it on FACEBOOK LIVE:

www.facebook.com/adelphibreastcancerhotline

SUPPORT GROUPS

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



WEEKLY GROUPS

General Support Group

Monday 6:00 - 7:30 p.m.

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations in this group.

Support for Caregivers of People with Breast Cancer

Monday 6:00 - 7:30 p.m.

Taking care of a person with breast cancer can be stressful. This group is designed to address the needs of care takers. Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

Young Women's Support Group, Under 40

Tuesday 6:00 - 7:30 p.m.

Women under the age of 40 who are diagnosed with breast cancer have unique needs. This support group will focus on those unique needs while allowing the members to share their feelings in a safe, supportive environment. Anyone who wants to connect with and receive support from women under 40 should attend this group.

Support Group for Newly Diagnosed Stage 4 Breast Cancer

Thursday 7:00 - 8:00 p.m.

Meet with other women who have been diagnosed with Stage 4 / Metastatic Breast Cancer.

MONTHLY GROUPS

Touchstone Group

Last Monday of the Month

6:00 - 7:30 p.m.

Women who received their last treatment more than 18 months ago will meet to check in with each other's progress and discuss new developments in the world of breast cancer. This group is for women who are not in active treatment but want to stay in touch with other survivors.

Cafecito

Support Group for Spanish Speaking Women with Breast Cancer

September 7 & 21, October 5 & 26 and November 9 & 30

9:30 - 11:00 a.m.

Meetings are held at United HealthCare 209 Post Avenue, Westbury, NY 11560

Pre-registration is required.

For more information on the Cafecito groups, please contact:

Angela M. Papalia, LMSW

516-877-4329

apapalia@adelphi.edu

**These groups are sponsored by the
Adelphi NY Statewide Breast Cancer Program
and supported by grants from the Nassau County Women's Bar Foundation, the LI2 Day
Walk to Fight Breast Cancer, and The Alpern Family Foundation.**

All groups are facilitated by a social worker or master level social work intern.

**Groups will meet at the Adelphi School of Social Work in Garden City.
(except for the Cafecito Group)
There is no charge.**

***For information, questions, and to sign up,
call Erin Nau, LCSW, Counseling & Education Coordinator
at 516-877-4314 or enau@adelphi.edu***

or the Breast Cancer Hotline 800-877-8077

CELEBRATION OF SURVIVORSHIP 2017



If you missed our Celebration of Survivorship on Tuesday, October 17, 2017, [click here](#) to watch the video.

Join us for the 2nd Annual ROCKIN' ROLL BOWL Help Strike Out Breast Cancer

Jean Rettura a volunteer with The Adelphi NY Statewide Breast Cancer Hotline & Support Program has organized the 2nd annual bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company.

Date: Saturday, November 4, 2017

Time: 1 - 3 p.m.

Place: Garden City Bowl
987 Stewart Avenue
Garden City, NY 11530
516-222-0808



Cost: \$30.00 per person which includes:

- 2 hours of bowling
- bowling shoes
- pizza
- unlimited soda

There will also be a 50/50 raffle and a chinese auction

REGISTRATION HAS BEEN EXTENDED

1. **Click here** to register online *or*
2. Call 516-877-4325 (please leave your name, number and amount of bowlers)

PAYMENT - \$30.00/per person

Make your check payable to:

Jean Rettura

Mail your check to:

Jean Rettura

724 Herzel Blvd.

West Babylon, NY 11704

AMERICANA MANHASSET
CHAMPIONS
FOR CHARITY®

The Adelphi Breast Cancer Program to participate in **Americana Manhasset's Champions for Charity®**.

From Thursday, November 30 through Sunday, December 3, over 70 participating Americana Manhasset and select Wheatley Plaza stores will donate 25% of designated full-price pre-tax purchases to the participating organization(s) of the customer's choice. Purchases are not automatically eligible; you must register for a complimentary Champion Number, designate "name of organization" as your charity of choice, and present your Champion Number when making purchases during the event.

For more information visit **championsforcharity.org**
or call 800.818.6767. **Registratrion is open now!!!**

www.li2daywalk.org



LI2Day Walk 2018

June 9, 2018

Click here to register today for the Annual LI2Day 13.1 Mile Walk which will be held on June 9, 2018, and receive your 15th Anniversary Commemorative LI2Day Training Shirt!

Registration \$75 (non-refundable or transferable)

FUNDRAISERS

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

Adelphi University

Drag A-GOGO

Fortunoff - Power of Pink

Garden City Bowl

Miceli Brothers of West Babylon

New Hyde Park Memorial High School

The Seasons at East Meadow

Sir John's Haircutters

UUCCN Pink Pumpkin Patch

We would also like to thank everyone who has supported our program and our October crowdfunding campaign. We will continue to run this campaign through November 12, 2017. Thank you for your continued support!!!

RESEARCH OPPORTUNITIES

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

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.***

EARLY ONSET BREAST CANCER STUDY

This study is being conducted by Northwell Health
Feinstein Institute for Medical Research

The criteria to enroll in this study is:

- You must be female
- Over the age of 18
- Diagnosed with breast cancer before age 40

Please [click here](#) for more information on this study and how you can participate.



Participate in this study to help us learn if this drug combination can prevent new brain metastases.
This study is conducted by Alexandra Zimmer, M.D., National Cancer Institute, Bethesda, MD

WHAT IS THIS STUDY ABOUT

The purpose of this study is to investigate whether using Temodar and Kadcylla together decreases the chance of patients with HER2+ metastatic breast cancer developing new brain metastases. Approximately 18 participants will take part in this study.

WHERE

National Institutes of Health Clinical Center, Bethesda, MD

WHO CAN PARTICIPATE

You can join the Phase I Study of T-DM1 Alone Versus T-DM1 and Metronomic Temozolomide in Secondary Prevention of HER2-Positive Breast Cancer Brain Metastases Following Stereotactic Radiosurgery if you match ALL of these MAIN categories:

- You are a woman or man with HER2+ metastatic breast cancer
- You have brain metastases which were treated by stereotactic radiation or surgery within the last 3-6 weeks
- You are able to complete a brain MRI, lumbar puncture, bloodwork, and provide a pre-enrollment brain tumor sample if available.
- You live near or are able to travel to Bethesda, MD

Please [click here](#) for more information and to learn about this study.

OUR VOLUNTEERS

Narges Rothermel - 36 year survivor

Volunteer with the Adelphi Breast Cancer Program

Her diagnosis of breast cancer led her to write poetry as a legacy for her children. She has published books and continues to write poetry. Below is one of her poems she wanted to share with everyone.

Sisterhood

If there is a bright side of facing and fighting *Breast Cancer*,

it is the unique bond among the Survivors.

We all remember the invasion of a giant-size-fear that came along with the word *Cancer*,
We remember the day and the moment when we stepped into an unknown war zone.

We all share the wounds, the scars, and the marks that the *Shape-changer-Cancer*
has left on our bodies and souls.

We each harbor a question and a fear that come out of hiding when a cough lingers on,
when a new pain shows up or a headache refuses to go away.

We know the fear of death and dying, the fear of leaving the loved ones behind,
and the fear of the pains that our families had to endure.

We have tasted the bitterness of our defeats, sweetness of our triumphant moments,
and the glory of each arrived birthday.

Every hand shake and each embrace between survivors offer
the purist love and the needed courage that chase away the fears,
calm down the heart, and sooth the soul.

Through my journey I have been blessed to find a few true friends
and many soul-sisters.

ADVICE FROM BREAST CANCER SURVIVORS

In October, breast cancer awareness month, some of our volunteers we were interviewed in an article called **Advice from Breast Cancer Survivors** . This article appeared in Newsday and the Anton papers. [Click here](#) to read the advice from frive breast cancer survivors who are volunteers with the program.

HAPPY BIRTHDAY



We would like to wish a Happy Birthday to all of our volunteers with an NOVEMBER Birthday

Teresa G.

Linda D.

Randee A.

Bonnie H.

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 us **and more....**



SISTERS UNITED IN HEALTH



SISTERS UNITED IN HEALTH
An initiative for breast health information.

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 has their own facebook page.
Click here to like their 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.

ONLINE CHAT

We are happy to announce that we have added a LIVE CHAT feature to our website.



Visit our website breast-cancer.adelphi.edu to live chat with a survivor or a social worker.



**We need your help. Your gift provides
health education, patient navigation
and referrals for cancer screenings to underserved
women in New York.**

DONATE

YOUR GIFT WILL MAKE A DIFFERENCE IN A WOMAN'S LIFE.



**ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

800.877.8077

breast-cancer.adelphi.edu