

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



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

**800.877.8077  
breast-cancer.adelphi.edu**

**Quick Links**

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

**Table of Contents**

[SUPPORT GROUPS](#)  
[FORUMS](#)  
[RESEARCH](#)  
[OUR VOLUNTEERS](#)  
[STAY CONNECTED TO US!](#)  
[SISTERS](#)  
[ONLINE CHAT](#)

**Event Calendar**

**Exercise Strategies for  
Cancer Survivors**  
March 20, 2018



**Wishing you a very Happy New Year.**

Remember, your tax-deductible donation helps  
The Adelphi NY Statewide Breast Cancer

**Environmental Impact on  
Breast Cancer**

April 16, 2018

**L12Day Walk**

June 9, 2018

Hotline & Support Program educate, support,  
empower and advocate for breast cancer

**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**

**L12Day**

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

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

**Nassau County Women's  
Bar Foundation**

**NYS Department of Health**

**Pink Aid**

patients, professionals and the community. We are asking for your help. Please [click here](#) to donate today to support our program.

**DONATE**

---

### **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**

**January 11 and January 25**

**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 and to register for the Cafecito groups,  
please contact:**

Angela M. Papalia, LMSW

516-877-4329

[apapalia@adelphi.edu](mailto:apapalia@adelphi.edu)

**These groups are provided by the  
Adelphi NY Statewide Breast Cancer Program  
and supported by a grant from 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](mailto:enau@adelphi.edu)  
or the Breast Cancer Hotline 800-877-8077***

---

**FORUMS**

*Adelphi NY Statewide Breast Cancer  
Hotline & Support Program invites you  
to join us for a free forum*

## **EXERCISE STRATEGIES FOR CANCER SURVIVORS**

---

**Tuesday, March 20, 2018**

**2:00 - 3:00 p.m.**

*Alumni House at Adelphi University*

On Tuesday, March 20th, the **Adelphi NY Statewide Breast Cancer Program** is presenting a free demonstration of **Strength for Life** at Adelphi University's Alumni House in Garden City from 2 to 3 p.m.

**Strength for Life**, whose goal is to improve quality of life, is a community exercise program where persons with a cancer diagnosis and survivors participate in classes during and after treatment. The exercises are designed to help to combat treatment-related fatigue, decrease incidents of depression, relieve nausea and reduce anxiety in order to restore balance after a life changing diagnosis.





**SPEAKER**

**Debbie Hughes**

*Co-founder, Strength for Life*

Debbie Hughes will conduct the exercise class. Ms. Hughes, a fitness and nutrition specialist, holds an ACE Certification in Personal Training, is a Certified Cancer Exercise Specialist, a Certified Reiki Practitioner, and is currently enrolled in the Institute for Integrative Nutrition (IIN) earning her Holistic Health Coach Certification.

In addition to providing information about Strength for Life, Ms. Hughes will guide participants in life-enhancing exercises and help improve functional activities.

***Everyone should wear comfortable clothing.***

---

**REGISTRATION:**

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

The session will be held at the  
Alumni House at Adelphi University  
(154 Cambridge Avenue, Garden City)

- 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 attend our forum, it will be on **FACEBOOK LIVE** from 2 - 3 p.m on the day of the event.

A video of the event will also be available on our YouTube Channel after each forum.

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

---

## **ENVIRONMENTAL IMPACT ON BREAST CANCER**

**Monday, April 16, 2018**

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

*Alumni House at Adelphi University*

*\*Save the date. More information to follow*

---



[www.li2daywalk.org](http://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)

Fundraising Commitment \$500 (if you are registering as a team please note that the team **MUST COVER** the total amount per person i.e., 5 walkers on a team, team needs to raise \$2,500) Registration closes on May 1st. Anyone registering after that date is not guaranteed a t-shirt, bag, or medal and must guarantee the minimum \$500 fundraising commitment.

---

## LI2Day Scholarship or the Maria A. Sciara Scholarship

Please pass this information along to any graduating seniors who may be eligible for the LI2Day Scholarship or the Maria A. Sciara Scholarship.

**Both applications are due by April 2, 2018.**

**LI2Day:** This is a **\$2,500 scholarship** that will be awarded to 5 graduating seniors in Nassau and Suffolk Counties. The student must reside with a parent or guardian who is a survivor of breast cancer and/or other women's cancers, or have resided with a parent or guardian who has passed from breast cancer and/or other women's cancers.

**Maria A. Sciara:** This is a **\$2,000 scholarship** that will be awarded to 3 graduating seniors in Nassau and Suffolk Counties. Those aspiring to become teachers will be given extra consideration for this scholarship. The student must reside or have resided with a parent or guardian who is a survivor of any cancer other than breast cancer and/or other women's cancers or have resided with a parent or guardian who has passed from any cancer other than breast cancer and/or other women's cancers.

**Click here** for the scholarship cover letter

**Click here** for The Maria A. Sciara Scholarship: NEW Guidelines and Application

**Click here** for The LI2Day Walk Scholarship Guidelines and Application

---

## **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](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.*

---

## **What was your experience with the financial costs of cancer treatment?**

This study, conducted by researchers at the University of Louisville under the direction of Dr. Karen Kayser, is about the impact of cancer treatment on the financial well-being and quality of life of cancer survivors.

We are inviting volunteers who have been diagnosed with breast cancer or blood (Leukemia, Lymphoma, or Myeloma) cancer within the past five years to participate in this study.

This study is open to men and women 18 years and older. It involves taking a 20-30 minute online survey and it is completely confidential.

This study is supported through a Doctoral Training Grant from the American Cancer Society and has been approved through the University of Louisville IRB: 17.0187.

By better understanding your experiences we may be able to help others navigate the financial terrain of cancer.

**If interested in participating please [click here](#) to take the survey.**

---

## **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](#)

**It's the most delicious time of the year!**

In order to spread some holiday cheer The Adelphi NY Statewide Breast Cancer Hotline & Support Program hosted a **COOKIE EXCHANGE** for our **Volunteer Holiday Party**. Both volunteers and staff showcased their baking talents and displayed their delicious spread of cookies and baked treats for all to enjoy.

We have put together a cookbook of all cookie recipes. Please [click here](#) to enjoy these yummy holiday favorites.

---

**HAPPY  
BIRTHDAY**



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

Christina D.

Helen B.

Reva R.

Mary S.

Arlene F.

Christa M.

Andrea P.

Irene S.

Catherine O.

---

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

---

