

March, 2018

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800-877-8077

breast-cancer.adelphi.edu



**SAVE THE DATE**

Giving Day 03.21.18



Our social workers have a HEART OF GOLD  
Recognize and celebrate our staff on Giving Day 03.21.18

## Show Your Heart of Gold

On one day, **March 21, 2018**, recognize and celebrate our staff during Social Work Month by making a donation. Let your Heart of Gold shine, because on Giving Day, every gift makes an even bigger impact!

**Click here to learn more about Giving Day and how to participate.**

## Join a Support Group

On-going support groups for Winter 2018



We offer weekly, bi-weekly and monthly meetings at no charge. All groups are facilitated by a social worker or master level social work intern. Our support groups include: **General Support Group, Caregivers of**



people with **Breast Cancer, Young Women Under 40, Newly Diagnosed Stage 4** and our **Touchstone Group**.

We also have a **Cafecito group** which is for spanish speaking women with breast cancer.

>> **Support Group Schedule**

For more 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)

For more information on the **Cafecito group** and to sign up, call **Angela M. Papalia, LMSW** Bilingual Social Worker at **516-877-4329** or [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu)

You can also call the Breast Cancer Hotline at **800-877-8077**.

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## Forums

All forums are free and open to the public.

Seating is limited. Pre-registration is required.

**Register online** or call 516-877-4325 or e-mail [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

If you are unable to attend our forums, they will be **LIVE on FACEBOOK** the day of the event. A video of the event will also be available on our **YouTube Channel** the next day.

## Exercise Strategies for Cancer Survivors



**Tuesday, March 20, 2018 • 2:00 - 3:00 p.m.**

Alumni House at Adelphi University

**Speaker:**

Debbie Hughes

Co-founder, Strength for Life

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.

>> **Register for this forum**

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## Environmental Impact on Breast Cancer



**Monday, April 16, 2018 • 6:00 - 8:00 p.m.**  
Alumni House at Adelphi University

**Speakers:**

**Laura Vandenberg, PhD**

Assistant Professor, Graduate Program Director  
University of Massachusetts - Amherst School of Public Health & Health Sciences

**Laura Weinberg,**

President, Great Neck Breast Cancer Coalition

**Karen Miller,**

President, Huntington Breast Cancer Action Coalition

This forum will describe the latest research identifying environmental risk factors for breast cancer, with a specific focus on environmental chemicals. Studies from rodents and humans have shed light on the effects of chemicals widely used in consumer products. Learn how to identify toxic environmental exposures which have been linked with breast cancer and how to avoid them by using safer alternatives in your home, work and school environment. To further protect yourself, learn how to read labels on cosmetics and other consumer products. We will also learn how we can take the challenges we face with a breast cancer diagnosis and turn that experience into being agents for change.

>> [Register for this forum](#)

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**Cancer and Genetics**

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

**Tuesday, May 22, 2018 • 6:00 - 8:00 p.m.**

Alumni House at Adelphi University

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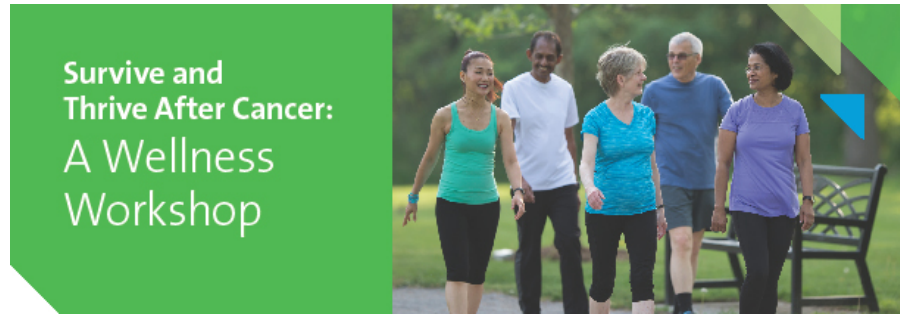
**Survive and Thrive After Cancer:**

**A Wellness Workshop**

**Sat, March 3, 2018**

**8:30 AM – 12:00 PM**

Surviving cancer comes with new challenges, both physical and emotional. This interactive wellness workshop hosted by the **Northwell Health Cancer Institute** will help you live life to the fullest.



**Survive and Thrive After Cancer:  
A Wellness Workshop**

**Erin Nau, Counseling and Education Coordinator with the Adelphi Breast Cancer Program will be a speaker on the panel.**

- Learn how to address post-treatment concerns
- Hear the latest advice on how to cope with treatment side effects
- Get wellness tips on nutrition, exercise, relaxation, sleep and more

**Panel discussions:**

- Finding Your New Normal
- Living and Thriving Again: Recovering from Treatment Side Effects

**Breakout sessions:**

- Making Healthy Eating Part of Your Total Lifestyle
- To Sleep, Perchance To Dream: Ways to Sleep Better and Wake Refreshed
- Exercise As Medicine: Keeping You Strong Inside and Out
- Integrative Approaches to Stress Management

**Continental breakfast will be served.**

To register for this free event, please visit [northwell.edu/surviveandthrive](http://northwell.edu/surviveandthrive) or call 516-734-7212.

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**LI2Day Walk**

**June 9, 2018**

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



**JOIN OUR TEAM!!!**

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).

>> **[Register today](#)**

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## LI2Day Scholarship or the Maria A. Sciara Scholarship

Please share this information with any graduating seniors who may be eligible for 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.


**Maria A. Sciara:** This is a **\$2,000 scholarship** that will be awarded to 3 graduating seniors in Nassau and Suffolk Counties.

>> [Eligibility requirements and applications](#)


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## Cancer and Careers

### 8th Annual National Conference on Work & Cancer

 The **Adelphi Breast Cancer Program** is pleased to partner with [Cancer and Careers](#) on the 8th Annual National Conference on Work & Cancer, on Friday, June 22, 2018 in New York City!



 This FREE event 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.

Applications for travel scholarships are being accepted until April 13th!

For more details or to register, please visit [www.cancerandcareers.org/conference](http://www.cancerandcareers.org/conference).

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## 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.

**This study is open to men and women 18 years and older who have participated in a breast cancer support group.**

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

>> [For more information and to participate in this study](#)

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### **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.

>> [For more information and to participate in this study](#)

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### **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

>> [For more information and to participate in this study](#)

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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**

#### **The criteria to enroll in this study is:**

- 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

>> [For more information and to participate in this study](#)

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## 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.

Like the [Sisters United in Health](#) facebook page.

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

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## Happy Birthday to our volunteers

We would like to wish a Happy Birthday to all our volunteers with a MARCH Birthday.



Genevieve P.  
Chris A.  
Jessica L.  
Vanesa C.  
Yolanda P.  
Theresa L.  
Margaret G.  
Lita C.

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## Let's Stay in Touch

The number for our hotline is 800-877-8077



Follow us on **Social Media** and see photos of our wonderful volunteers at our outreach events, stay up-to-date on programs, forums and support groups. Read news articles and new study's on breast cancer, read inspiring stories from our volunteers, watch our events live on facebook and see the wonderful people and businesses that support us.

[Facebook](#)

[Twitter](#)

[Pinterest](#)

[YouTube](#)

## Online Chat

Did you know we have a **LIVE CHAT** feature on our website. Chat with a breast cancer survivor or social worker.



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## 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**

**Nassau County Women's Bar Foundation**

**NYS Department of Health**



**Pink Aid**  
**Plastic Surgery Foundation**

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Please visit our website at [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)  
Donate to our cause at [breast-cancer.adelphi.edu/donate](http://breast-cancer.adelphi.edu/donate)