

**July, 2018**

**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

**800-877-8077**

**[breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)**



## **JOIN OUR FAMILY OF VOLUNTEERS**



### **Train to become a volunteer with The Adelphi Breast Cancer Program**

The Adelphi NY Statewide Breast Cancer Hotline and Support Program seeks breast cancer survivors of all ages, race, and ethnicity--men as well as women -- to become volunteers. Thus, the program seeks a diverse group of volunteers to reflect the people who continue to be diagnosed with Breast Cancer. Our volunteers are invited to speak throughout the community about their experiences, speak one-on-one with people calling the hotline, fundraise to support our work, and provide educational presentations about breast cancer.

**JOIN US**, for our next volunteer training which will be held on three consecutive Tuesdays in September.

#### **September 11, 18 and 25th**

The training is all (3) days from 10 a.m. - 4 p.m.  
at Adelphi University in Garden City

This in-depth training includes presentations by nurse navigators and social workers on basic breast cancer education, active listening skills, and tips on engaging the community. If you are interested in joining our family of volunteers, please contact Alida Rubenstein to arrange an interview.

Alida Rubenstein, Volunteer/Hotline Coordinator

516-877-4315  
[arubenstein@adelphi.edu](mailto:arubenstein@adelphi.edu)

#### WAYS YOU CAN VOLUNTEER

- speaking engagements
- publicity
- fundraising
- community outreach
- educational presentations
- hotline

## ADELPHI NEW YORK STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

# SAVE THE DATE

## *Celebration of Survivorship*

Thursday, October 18, 2018

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



**Help support our program.  
Your contributions are essential.**



Dear \_\_\_\_\_

*We gratefully acknowledge a contribution*

\_\_\_\_\_

\_\_\_\_\_

*from*

\_\_\_\_\_

*which helps support the work of the*

ADELPHI NY STATEWIDE BREAST CANCER  
HOTLINE & SUPPORT PROGRAM  
800.877.8077  
breast-cancer.adelphi.edu



**DONATE**

Go beyond the usual gift rotation and make a meaningful donation to the **Adelphi NY Statewide Breast Cancer Hotline & Support Program**. Your donation goes directly to help support our program.

### **WAYS TO DONATE...**

- in honor of a friend or a loved one
- in memory of a friend or a loved one
- to celebrate a birthday or life event

Once your donation is received, we will send the card above to the

honoree or family acknowledging your gift.

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## Thank you to everyone who donated in June

Hector Huerfano and Sir Johns Hair Salon  
Aesthetic Plastic Surgery, PC  
Sultana Distribution Services, Inc.  
Carpet et cetera, Inc.  
Debbie Langendorff  
Bruce and Linda Cohen in honor of Lita Cohen Rudy  
Judie and Vic Horowitz in memory of Judy

## Join a Support Group

On-going support groups for Summer 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:Book Club 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. All forums are held at the Alumni House at Adelphi University (154 Cambridge Avenue, Garden City).

Seating is limited. Reservations are required.

Please **click here** to see our upcoming forum schedule.

If you missed our forums, they can be watched on our **YOUTUBE** channel at anytime.

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## LI2Day Walk

Thank you to everyone who participated in the LI2Day Walk on June 9, 2018. Thank you for joining the Adelphi Breast Cancer Program team!

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







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## Martha's Kayak, Inc. Inaugural Kayak Event

In memory of Martha Leider



**When:** Saturday, July 21, 2018 (9:00 a.m.)

**Where:** Empire Kayaks - 4 Empire Boulevard, Island Park, NY 11558

**NO COST TO PARTICIPANTS**

Open to breast cancer survivors and those under treatment

**Program:** Will include Kayaks, Instruction, Lunch and Presentations

## For more information and to register please contact:

Roger Leider (917).842.1484  
[rleider@concatn8solutions.com](mailto:rleider@concatn8solutions.com)

Erin Nau (516).877.4314  
[enau@adelphi.edu](mailto:enau@adelphi.edu)

Martha Leider was an avid kayaker and found solace on the water spending time with her family while she battled metastatic breast cancer. Martha found and fed "her swans" every weekend and coined the name "food kayak" as the swans came to her for their meals. Our goal is to honor Martha's memory and to provide access to kayaking for women who are survivors or who are under treatment for breast cancer. Come join us for an inspirational and fun morning on the water. This is an all expenses paid experience. Lunch to follow event, location to be determined.

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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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### **Community Healthcare Survey**

In order for **Stony Brook Medicine** to best serve the needs of the community, they would like to hear from you. This survey contains questions about challenges you may face regarding healthcare. The survey will only take about five minutes to complete.

Your answers will provide insight on ways to improve patient care and procedures to more effectively address the needs of the community.

>> [Click here to participate in this survey](#)

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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 JULY Birthday.



Louise W.  
Terrilyn D.  
Elizabeth V.  
Debra T.  
Eileen E.  
Anne H.  
Marge F.



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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)