

## Monthly Newsletter: **November, 2018**

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

**800-877-8077**

**breast-cancer.adelphi.edu**



### Upcoming 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.

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### Breast Reconstruction - Know Your Options

**Tuesday, November 27, 2018**



Reconstruction after a mastectomy is a significant step towards healing from a breast cancer diagnosis. A panel of experts will discuss the process of reconstruction, new developments in surgery and the psychosocial aspects of reconstruction. The panel will be comprised of two surgeons and patients, and an empowerment specialist.

#### **Speakers:**

Please **[click here](#)** to read the speakers bios

#### **Dr. Noël B. Natoli, MD, FACS**

Plastic Surgeon specializing in Breast Reconstruction, Long Island Plastic Surgical Group, PC

#### **Anne Hogan**

Reconstruction Patient of Dr. Natoli, Volunteer with the Adelphi Breast Cancer Program

#### **Dr. Ron Israeli, MD, FACS**

Plastic Surgeon specializing in Breast Reconstruction, Aesthetic Plastic Surgery, PC

**Lucienne Colombo**

Reconstruction Patient of Dr. Israeli

**Mollie Sugarman**

Clinical Director, Patient Empowerment Program, Aesthetic Plastic Surgery, PC

This forum is free and open to the public.

It will be held at Adelphi's Alumni House (154 Cambridge Avenue, Garden City)

**REGISTRATION (reservations are required)**

When registering please specify which forum you will be attending

Call **516-877-4325** or

email [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or

[register online click here](#)

The Breast Reconstruction forum is made possible by grants from

**The Plastic Surgery Foundation** and **Sientra FULL CIRCLE**

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

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

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## **Balancing Work, Finances & Cancer** **Tuesday, December 11, 2018**



**Adelphi New York Statewide Breast Cancer Hotline & Support Program** is partnering with **Cancer and Careers** to provide this educational forum on how to balance work and cancer and manage your finances during and after a cancer diagnosis.

This presentation will explore the practical and legal issues that sit at the intersection of work and cancer, including deciding whether or not to work during treatment, privacy & disclosure, managing side effects and other challenges in the workplace, tips for job-hunting and job re-entry, and more.

**Presented by:** Christine Brennan

Director of Programs, Cancer & Careers

**Click here** to read her bio



**Managing Finances Webinar**

This webinar will cover tips for improving financial health after a cancer diagnosis and treatment, including steps to rebuild your credit, how to deal with medical bills, options for financial assistance, and things to think about before considering filing for bankruptcy. We will watch this webinar together and have a discussion after.

This forum is free and open to the public.

It will be held at Adelphi's Alumni House (154 Cambridge Avenue, Garden City)

**REGISTRATION (reservations are required)**

When registering please specify which forum you will be attending

Call **516-877-4325** or

email [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or

**register online [click here](#)**

The 2018 educational forums are sponsored by

The Junior Coalition of the Manhasset Women's Coalition against Breast Cancer

and **Sientra FULL CIRCLE**

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## Join a Support Group

### On-going support groups



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 (an online support group), Newly Diagnosed Stage 4** and our **Touchstone: Book Club group**.

**NEW:** Join our new **online** support group for Young Women with Breast Cancer.

Meeting online, Tuesdays at 6 pm. [Read more](#)

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 **Cafecitio 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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## Did you miss Celebration of Survivorship 2018?

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

You are invited to a  
*Celebration of Survivorship*

Thursday, October 18, 2018  
Doors Open - 6:00 p.m. (raffles available)  
Speakers - 7:00 p.m.

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

**Click here to watch the video of the event.**

**Thank you to all of our GENEROUS DONORS!**  
**We appreciate your support.**

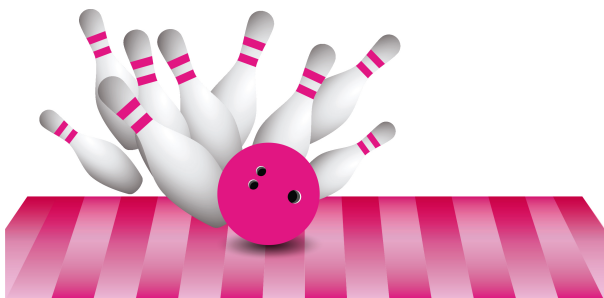
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## UPCOMING EVENTS

**3rd Annual  
LET'S "GLOW" BOWLING - NEW LOCATION**

**Help Strike Out Breast Cancer**





Jean Rettura a volunteer with The Adelphi Breast Cancer Hotline & Support Program has organized the 3rd annual bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company.

**Date:** Saturday, November 3, 2018

**Time:** 1 - 4 p.m.

**Place:** San-Dee Lanes  
342 Hempstead Avenue  
Malverne, New York 11565  
(516) 599-1134  
**[www.sandeelanes.com](http://www.sandeelanes.com)**

**Cost:** \$30.00 per person which includes:

- 3 hours of bowling
- bowling shoes
- food and refreshments

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

## **WALK-INS ARE WELCOME**

1. You can register online by visiting **<http://breast-cancer.adelphi.edu>** or by calling 516-877-4325 (please leave your name, number and the amount of bowlers)
2. The cost to attend the event is \$30/per person
3. Pay at the door

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AMERICANA MANHASSET  
**CHAMPIONS**  
FOR CHARITY®

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

**Dates:**

Thursday, November 29, 2018 - Saturday, December 1, 2018 (10 a.m. - 8 p.m.)  
Sunday, December 2, 2018 (11 a.m. - 6 p.m.)

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](http://championsforcharity.org)  
or call 800.818.6767. **Registration begins October 15, 2018.**

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**LONG ISLAND METASTATIC  
BREAST CANCER CONFERENCE**

In association with Northwell Health, Susan G. Komen Greater NYC presents a free conference for patients with Metastatic Breast Cancer (MBC).

This conference will be a day of learning, fellowship, and the most current information on treatments, research trials, patient support and national issues related to metastatic/stage IV breast cancer (MBC).

**Saturday, November 10, 2018**

Doors open at 8am  
Program from 9am - 4 pm

Donald and Barbara Zucker  
School of Medicine at Hofstra/Northwell  
500 Hofstra Blvd.  
Hempstead, NY 11549

**Registration is required for this free event.**

**[komennyc.org/LIMBCC](http://komennyc.org/LIMBCC)**

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[komennyc.org/LIMBCC](http://komennyc.org/LIMBCC)

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



What's Raised Here Stays Here.

## REGISTER FOR THE 16th ANNUAL LI2DAY WALK

This inspirational and uplifting fundraising event is like no other. The half-marathon distance 13.1-mile LI2Day Walk is a beautiful and scenic water view walk through

local neighborhoods. Registration fees are used to cover walk expenses enabling 100% of the donations you raise to go directly to our beneficiary organizations.

**Online Registration Only – [www.li2daywalk.org](http://www.li2daywalk.org)**

**(EARLY BIRD SPECIAL) October 1st – December 31st : \$63**

**January 1st – May 15th: \$75**

**\*May 16th – June 2nd: \$80**

\*Registering after May 15th doesn't guarantee a t-shirt, bag or medal and requires a minimum of the \$500 fundraising commitment.

**[Click here](#) for more information and to Sign Up!**

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Thank you to  
**Sir John's Beauty Salon,**  
**Spuntino Wine Bar & Italian Tapas,**  
**Sugar & Water NYC &**  
**Fortunoff Fine Jewelry**  
for supporting our program this October.

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**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.

### **Thank you to everyone who donated in OCTOBER**

Judith Cohen In memory of Florence Brautman  
Hope Simon In memory of Shirley & George Ludwig  
Naginder Singh In memory of Manjit Kaur  
Elpida Argenziano  
Carol Silano  
Carole Bowes  
Clare Toohey  
Eve Boden  
Alida & Roy Rubenstein

The Leviton Foundation  
Dr. Dana Khuthaila  
Lois Goetz  
Narges & Gerhard Rothermel  
Debbie Langendorff In honor of Flynn Whitney Rutter  
Joanne Miola  
Joanne Puntillo In memory of Santina Baiardi  
Stephanie Jacobs  
Gerald Goldstein In honor of all male breast cancer survivors  
Jacqueline Callan  
Advantage Hyundai  
Vincent Rampino In memory of Mary Mill  
Sheila Schreiber  
Naomi Aaronson  
Gertrude Greene  
Barbara Nisman  
Suzanne Wallach  
Rhonda Boltax  
Pamela Maggi  
Bernadette Deerkoski  
Margurite Gorman  
Reva Rothenberg In honor of Daniel Edison Machado  
Reva Rothenberg In honor of Flynn Whitney Rutter  
Hailey Manger In Memory of Geri Hall  
Dr. Ron Israeli  
Greg Schaefer-Better Home Care  
Judy Benkov In memory of Sam Stein  
Northwell Heath - Monter Cancer Center  
Jeannine Thompson  
Mary Kuczyk In honor of Gail Dougherty  
Rosemary Denaro  
Johanna Wermuth  
Muriel Herring  
Margaret Walker

Kristy Glass In honor of Dina Moore Knitting Place  
Samantha Cohen  
Susan Carentz  
Stuart & Joyce O'Connor  
Ellen Kessler  
Kats Ribbon of Hope  
Susan Deluccia  
Anita Stein In honor of Flynn Whitney Rutter  
Kenneth Pietrowski In memory of Maria Pietrowski  
Barbara Lightsy  
Lois Riss  
Cheryl Sullivan  
Randee Adan  
Catherine Ptarcinski  
May Z. Cohen In honor of Hillary Nadya Rutter  
In mem of Marty & Freddi Cohen  
Maria Bicocchi  
LI2Day Walk to Fight Breast Cancer  
Barbara Raber  
Harriette Benkov In memory of Sam Stein  
Diana Muenzen  
Milssa Gavigan  
Marilyn Adams  
Diana Jindra-Trachtulec In memory of Vera Jindra  
Kathleen O'Donnell  
Debbie Langendorff  
Gwendolyn Harrison  
Robert Chesney  
Anna Carney  
James Schmitt In honor of Marcia Partridge  
Nassau County Women's Bar Foundation Inc.  
NY Community Trust (Alan & Reva)  
Celebration Raffles  
Diane Konow  
Barbara Bornstein

Patricia Hogg  
Esperanza Perez  
Leslie Bennett  
Lita Rudy  
Patricia Sullivan  
Alanna Noreen Devine  
Narges Rothermel  
Pam Shapiro  
friends of Laura Schaefer  
Westbury Medical Care PC  
Marie Clancy  
Sherri Weitzner  
Maryann Raimondi  
Grace Conway  
U.S. Charitable Gift Trust (Bombowsky Foundation)  
In memory of Heike Bombowsky  
Robin Healy  
Myra & Robert Taylor In memory of Marcia  
Reva Rothenberg In memory of Marcia  
Kathleen Grimm In memory of Marcia  
Matti Hasselmann In memory of Marcia  
Bonnie Hirschhorn In memory of Marcia  
Courtney mullin In memory of Marcia  
The Season's @ East Meadow  
Judy T. In memory of Marcia  
Courtney Maglione In memory of Marcia  
Jeanmarie Maloney In memory of Marcia  
Alice Vecchione In memory of Marcia  
Kim Newman In memory of Marcia

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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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### **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 **NOVEMBER** Birthday.

# HAPPY BIRTHDAY



Teresa G.  
Linda D.  
Randee A.  
Bonnie H.

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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.



## 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)