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Monthly Newsletter: **January, 2019**

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**Wishing you a very  
Happy & Healthy New Year**

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## **FORUMS**

**New Forums Coming This Spring**  
**Check our website for new listings [click here](#).**

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.**

**If you missed any of our forums,  
[click here](#) to watch them on our YouTube channel.**

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



## **JOIN OUR TEAM**

### **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)**

**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!**

**If you don't want to walk but would like to volunteer for the Adelphi Program, please contact Reyna Machado at 516-877-4335 or [rmachado@adelphi.edu](mailto:rmachado@adelphi.edu).**

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## **The Great Cause Fundraiser**

A fun night out helping the Franklin Square Kiwanis Support  
THE ADELPHI BREAST CANCER PROGRAM.

**January 26, 2019 (7 - 10 pm)**  
**at Carey High School Auditorium**  
**Tickets are \$45 if you order now or \$55 at the door**

**[Click here to order your tickets today](#)**

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**Help Support our Program. Your contributions are essential.**  
**[Click here](#)** to start 2019 with a donation to support or program





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 DECEMBER**

Joan Beder

Anna Caruso  
Alan & Teri Cooper  
Vita Ehrling  
Kathleen Grimm in memory of Marcia Partridge  
Morton Harrison in memory of Harriette Harrison  
Bonnie Hirschhorn in honor of all the volunteers  
Abbe Katz  
Debbie Langendorff in memory of Dom Denapoli  
Patricia McGovern in memory of Ore Kladius  
Caroleane Miller  
Pieces of Energy  
Sewanhaka High School Pink October Campaign  
Jerome Siegel  
Diane Turcic Pink Pumpkin Fundraiser

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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 JANUARY Birthday.

**HAPPY  
BIRTHDAY**



Christina D.  
Helen B.  
Reva R.  
Mary S.  
Arlene F.  
Christa M.  
Andrea P.  
Irene S.  
Catherine O.

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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**

**Sientra Full Circle**

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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)