

## Monthly Newsletter: February, 2019

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ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800-877-8077

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



## FORUMS



### Help Us Plan Our Future Forums

We are always striving to provide the best/most up to date educational programming for breast cancer survivors, and their support systems. We would like your opinions about the types of speakers we have and the best way to deliver that information.

Please [click here](#) and tell us your thoughts.  
We look forward to hearing from you before February 8th.

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**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](#)

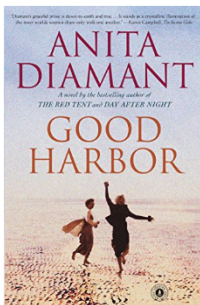
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### **Touchstone: Book Club**

This group is for any breast cancer survivor who has received their last treatment more than 18 months ago. The group will meet monthly to discuss a book that focuses on cancer and coping. Discussing a book with characters on similar journeys can elicit empathetic conversations about our own journeys, and connect us to other survivors.

This group meets the last Monday of the month, from 6 – 7:30 pm at the Adelphi School of Social Work in Garden City.

Our next Touchstone meeting will be held on **February 25, 2019**  
The book for February is **Good Harbor** by Anita Diamant



Our groups are free and professionally facilitated by social workers or masters level social work interns. Please call Erin **516-877-4314** to register for the next meeting.

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We also have a **Cafecito group** which is for Spanish speaking women with breast cancer. This group is for friendship and support for Latina women with breast cancer. This support group is conducted in Spanish and held in Westbury, NY. You must pre-register to attend.

Please call Angela Papalia for location information and to register **(516) 877-4329**.

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### **>> 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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# JOIN OUR TEAM. REGISTER FOR THE 16th ANNUAL LI2DAY WALK

(June 8, 2019)

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



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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## **LI2Day Scholarship or the Maria A. Sciara Scholarship**

**\*New this year: Online Scholarship Submission only!**

The LI2Day Scholarship and the Maria A. Sciara Scholarship are administered by LI2Day. Please note that if the student is a survivor of cancer, he/she is also eligible to apply for these scholarships. Please [click here](#) to see the eligibility requirements.

**Both applications are due by April 2, 2019.**

**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 **\$2,500 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 NATIONAL CONFERENCE ON WORK & CANCER**



The Adelphi Breast Cancer Program is pleased to partner with Cancer and Careers on the 9th Annual National Conference on Work & Cancer, on Friday, June 21, 2019, 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/PDCs will be offered for nurses, social workers and HR professionals.

Applications for travel/lodging scholarships are being accepted until April 14!

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

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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 JANUARY**

Larry & Monica Kenny in memory of Ann Garstka  
Joseph Chiodo in memory of Marcia Partridge  
Alison Keller-Capital One Serv. in memory of Maureen Elizabeth Dolan

Barbara Bloch in memor of Ruth Bernstein

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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 FEBRUARY Birthday.



Sherry S.  
Ranee C.  
Merna S.

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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!





Thank you to Samantha and Amanda for their generous donation of **Arbonne products** in memory of LorriLee Geraci.

The products will be distributed to breast cancer patients undergoing treatment and receiving support from **Kat's Ribbon of Hope**.

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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**

**Pritchard Charitable Trust**

**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)