

## Monthly Newsletter: **April, 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)**



## **Join a Support Group**

**On-Going Breast Cancer Support Groups  
-SPRING 2019-**



Breast cancer can cause many feelings to emerge, such as shock, confusion, fear, sadness, anger and uncertainty. Our support groups provide the opportunity for participants to share their feelings and experiences under the guidance of social workers and master level social work interns.

The Adelphi NY Statewide Breast Cancer Hotline & Support program offers new and on-going support groups on a weekly and monthly basis.

### **NEW SUPPORT GROUPS**

**Support Group for Friends and Family of  
People Diagnosed with Breast Cancer  
Monday's (6:00 - 7:30 p.m.)**

Breast cancer can bring up various emotions and concerns for everyone in the lives of those diagnosed. This group is designed to address those needs. Any person who is experiencing stress and anxiety for the loved one with breast cancer or wants the opportunity to talk with others in a similar situation should attend.

**Support Group for Men with Breast Cancer  
Tuesday's (6:00 - 7:30 p.m.)**

Men who are diagnosed with breast cancer can meet with other men to discuss their unique challenges.

**Online, Young Women's Support Group, Under 40**

**Wednesday's (6:00 - 7:30 p.m.)**

Women under the age of 40 who are diagnosed with breast cancer have particular needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.

This support group meets online.

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**WEEKLY GROUP**

**General Support Group**

**Monday's (6:00 - 7:30 p.m.)**

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.

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**BI-WEEKLY GROUP**

**Support Group for Stage 4 Breast Cancer**

**Thursday's (6:30 - 8:00 p.m.)**

Meet with other women who are diagnosed with Stage 4/Metastatic Breast Cancer.

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**MONTHLY GROUP**

**Touchstone: Book Club**

**Last Monday of the Month (6:00 - 7:30 p.m.)**

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.

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**SUPPORT GROUP FOR LATINA WOMEN**

**Cafecito**

Cafecito is a support group for Spanish speaking women facing breast cancer. This group meets twice monthly at a community location in Westbury and is co-facilitated by the Adelphi Program's Bilingual Social Workers.

**For more information and/or register, please contact Angela Papalia, LMSW at (516) 877-4329.**

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## >> Complete Support Group Schedule

For more information, questions and to sign up for a support group, 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**.

**These groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation and the NYS Department of Health.**

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## FORUMS

Did you miss our **Meditation, Mindfulness & Gong Meditation** forum on Thursday, March 14, 2019? At this forum we practiced two types of meditation: mindfulness and gong meditation.

Meditation and mindfulness allows participants to be more aware of what is happening with themselves. Gong music is an empowering, healing tool. Sound waves from the gong help move the physical and energetic bodies into a relaxed state.

The presentors at this forum were **Jacob Cooper**, Licensed Master Social Worker, Certified Hypnotherapist and Reiki Master and **Marc Switko**, NYS Licensed Psychotherapist and Counselor.

Please [click here](#) to watch the video from the forum.



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**[click here](#) for a complete list of our 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.**

**Our 2019 forums are sponsored by**  
**The Junior Coalition of the Manhasset Women's Coalition**  
**Against Breast Cancer & Sientra FULL CIRCLE.**

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## **THE ADELPHI BREAST CANCER PROGRAM IS INTERVIEWED ON THE NASSAU COMMUNITY COLLEGE RADIO STATION**



Our interview aired on the Nassau Community College Radio Station on Thursday, March 28th. Reyna Machado (Assistant Director for the Adelphi Breast Cancer



Program) and Desiree Abdelkader (MSW Social Work Intern) were interviewed live on the Nassau Community College Radio Station. They discussed our program and the services we provide to the community. The interview will be podcast on April 2nd. Please [click here](#) to listen to the interview.

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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*

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*from*

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*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 MARCH!!

Cheryl Arbia  
William & Judith Ashworth  
Stephen Bender  
Barbara Bornstein  
Loretta Cangialosi  
Janice Chuquitaype  
Judith Cohen  
Jaclyn Composto  
Grace Conway  
Colleen Crook  
Taylor Damian  
Linda DiPaola  
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Hallie Tenenbaum  
Judith Weitz  
Christina Williams

**A BIG thank you to everyone who donated for  
Giving Day 2019!**

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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 APRIL Birthday.



Alice S.  
Jeff F.  
Judy P.  
Deborah H.  
Bobbi M.

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## Research Opportunities



Please use the contact information listed for each research project if you are interested in participating.

### **INVITING AFRICAN AMERICAN WOMEN WHO ARE 5 YEARS (or more) SURVIVORS OF BREAST CANCER TO TAKE A CONFIDENTIAL SURVEY For a Chance to Win \$\$ (\$100 Amazon Gift Cards)**

IRB Protocol Number 19-139

The Research Group on Disparities in Health (RGDH) within the Department of Health and Behavior Studies at Teachers College, Columbia University, in New York, New York is conducting a study to learn more about the quality of life for survivors of breast cancer, including possible factors related to that quality (i.e. current health status, social support, religiosity/spirituality, support from a partner/spouse, stress, depression, anxiety, ways of coping).

- Participation in this survey is limited to the first 250 Black women who have survived breast cancer for 5 year or more
- Completing the online survey takes about 20-25 minutes
- Those who complete the survey will have a 3 in 250 chance of winning 1 of 3 \$100 Amazon gift cards
- Please click on the link below to view the informed consent, learn about your rights as a participant and proceed to the survey.
- We also invite you to forward this email to other African American women who are survivors of breast cancer—or text message, or tweet the message, below:

**GO TO <https://tinyurl.com/BreastCancerSurvivorStudy> to take the survey for Black Women survivors of breast cancer (5 years +) on quality of life for chance to win 1 of 3 \$100 Amazon gift cards**

**NOTE:**

*Participants have a 3 in 250 chance of winning 1 of 3 \$100 Amazon gift cards*

If you have any questions or would like to have additional information about the study, please contact:

**Elsy Mecklenbourg, MPH**, Doctoral Candidate, Department of Health and Behavior Studies, Teachers College, Columbia University, Box 114, 525 W. 120<sup>th</sup> Street, New York, NY 10027; [em3081@tc.columbia.edu](mailto:em3081@tc.columbia.edu) - **OR** -

**Barbara C. Wallace, Ph.D.**, Director, Research Group on Disparities in Health, Professor of Health Education, Clinical Psychologist, Department of Health and Behavior Studies, Teachers College, Columbia University, Box 114, 525 W. 120<sup>th</sup> Street, New York, NY 10027; [bcw3@tc.columbia.edu](mailto:bcw3@tc.columbia.edu); Study Contact Number: 267-269-7411

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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**

**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)