

Monthly Newsletter: **June, 2019**

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800-877-8077

breast-cancer.adelphi.edu



Join a Support Group

**On-Going Breast Cancer Support Groups
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.

Online, Young Women's Support Group, Under 40 Wednesdays (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.

WEEKLY GROUPS

General Support Group

Mondays (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.

-NEW- Support Group for Friends and Family of

People Diagnosed with Breast Cancer

Mondays (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 related to their loved ones breast cancer diagnosis or who wants the opportunity to talk with others in a similar situation should attend.

-NEW- Support Group for Men with Breast Cancer

Tuesdays (6:00 - 7:30 p.m.)

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

BI-WEEKLY GROUP

Support Group for Stage 4 Breast Cancer

Thursdays (6:30 - 8:00 p.m.)

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

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.

GROUP FOR LATINA WOMEN

Cafecito

Twice Monthly (Call Angela Papalia at 516-877-4329)

Cafecito is a support group for Spanish speaking women facing breast cancer.

Cafecito es un grupo de apoyo en español para mujeres con cancer del seno.

Para registrarte llame a:

Ángela Papalia, LMSW

(516) 877-4329

>> 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

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

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.

FORUMS

DID YOU MISS OUR FORUM BENEFITS OF MEDICAL CANNABIS FOR CANCER PATIENTS?



Click Here to watch the video from the forum.

Dr. Diana Martins-Welch a board-certified Palliative medicine physician and medical cannabis clinician discussed the potential medical benefits of cannabis and the basis for how cannabis works in the human body via the endocannabinoid system. Dr. Diana Martins-Welch is an expert on the NY Medical Cannabis program and discussed how one qualifies for the program and can get registered.

Videos of our forums can be watched on **YouTube**
the day following the forum.

www.youtube.com/AUBreastCancer

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.

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

(June 8, 2019)

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

***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.

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.

For more details or to register, please visit
www.cancerandcareers.org/conference.

Thank you to everyone who donated in MAY!!

B Berman *in memory of Gerda Langendorff*
Minna Brown *in memory of Gerda Langendorff*
Richard Cohen *in honor of Judith Cohen*
Floral Park Junior Women's Club - Patricia Young
Naomi Goldstick *in memory of Gerda Langendorff*
Karen Klugman *in memory of Gerda Langendorff*
Jasmine Venegas

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.

Happy Birthday to our volunteers

We would like to wish a Happy Birthday to all our volunteers with a JUNE Birthday.



Rosealind C.
Dolores P.
Patricia N.

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. 120th Street, New York, NY 10027; 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. 120th Street, New York, NY 10027; bcw3@tc.columbia.edu; Study Contact Number: 267-269-7411

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

Pritchard Charitable Trust

Sientra Full Circle

Please visit our website at breast-cancer.adelphi.edu
Donate to our cause at breast-cancer.adelphi.edu/donate