

Monthly Newsletter: **August, 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.

2019 CELEBRATION OF SURVIVORSHIP

Thursday, October 3, 2019

Register Today

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

You are invited to a
Celebration of Survivorship

Thursday, October 3, 2019
Doors Open - 7:00 p.m. (raffles available)
Speakers - 7:30 p.m.

NEW LOCATION
Adelphi Performing
Arts Center

breast-cancer.adelphi.edu



Celebration of Survivorship

Thursday, October 3, 2019

****NEW LOCATION** [Click here for directions](#)**

Performing Arts Center
Adelphi University, Garden City, NY

Doors Open - 7:00 p.m. (**raffles available**)
Speakers - 7:30 p.m

**Food will NOT be served at this event
(due to new location)**

SPEAKERS

MARGO BORES

30 year survivor

ESTEFANY CAROLINA GARAY

3.5 year survivor

BARBARA EHRENPREIS, LCSW, ACHP-SW

28 year survivor

CINDY KAYE-FINK

25 year survivor

Please register by September 20, 2019

- Register **online**
- Register by phone **516-877-4325** or
- Register by e-mail: **breastcancerhotline@adelphi.edu**

CELEBRATION JOURNAL

A commemorative journal, to support the work of **Adelphi Breast Cancer Program** will be printed and distributed the evening of the Celebration of Survivorship.

All ads must be received by September 13, 2019.

Click here for more information and to reserve space in our journal.

THANK YOU TO OUR GENEROUS DONORS!
We appreciate your support.

"FISHBOWL" Bowling Fundraiser **Saturday, November 2, 2019**

Help us reel in a cure!

Join us for the 4th annual bowling fundraiser
to benefit the Adelphi Breast Cancer Program

Register Today

Jean Rettura a volunteer with The Adelphi Breast Cancer Hotline & Support Program has organized the 4th annual bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company.

Date: Saturday, November 2, 2019

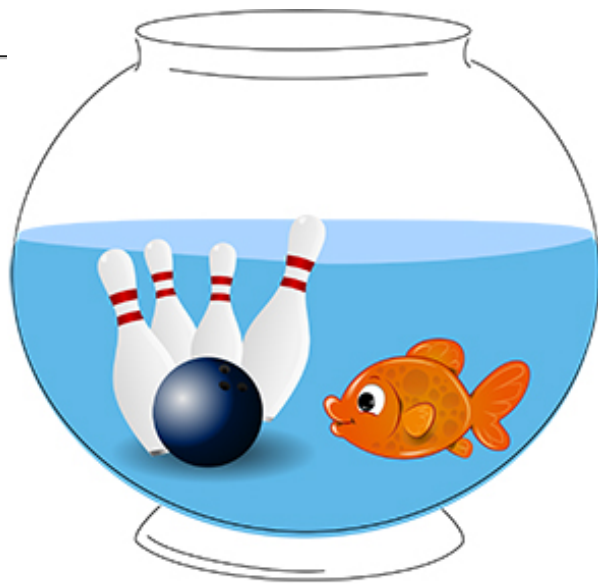
Time: 1 - 4 p.m.

Place: San-Dee Lanes
342 Hempstead Avenue
Malverne, New York 11565
(516) 599-1134
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



PRE-REGISTRATION IS REQUIRED

Registration/Payment must be received no later than October 28, 2019

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. Payment must be made in advance.
Payment must be received by
Monday, October 28, 2019
The cost to attend the event is \$30/per person
3. Make your check payable to: Jean Rettura

Mail your check to:
Jean Rettura
724 Herzel Blvd.
West Babylon, NY 11704

FORUMS

Have you missed any of our forums?

Did you know you can always watch our forums on our **website** or on our **YouTube channel**?

Click here to stay up-to-date on our forum schedule.

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

IN THE NEWS



Martha's Kayak

Martha Leider passed away on November 6, 2017 from Metastatic Breast Cancer. Her passion was nature and animals and her joy was kayaking and spending time with "her swans" in Island Park, NY. Nothing gave her more peace and happiness.

Martha's Kayak is a 501 (c)(3) not for profit organization with the goal of sharing Martha's joy in kayaking while fighting this insidious disease.

Martha's Kayak provides weekend retreats to patients and survivors who complete an application or who are nominated by a loved one or friend for a kayaking experience.

Thank you to everyone who participated in the July 13, 2019 Martha's Kayak event. Please visit the website for more information and to see photos from this years event. <https://marthaskayak.org/>

DONATIONS

Thank you to everyone who donated to our program in JULY!!

Jeffrey Langendorff in memory of Martha Balistrieri, Fran DiFazio & Wolf Gordon

Support The Adelphi Breast Cancer Program with a Facebook Fundraiser!

Hillary Rutter, director of the Adelphi Breast Cancer Program recently hosted a successful fundraiser through facebook to benefit our program. For her birthday, Hillary asked for donations to be made to the Adelphi NY Statewide Breast Cancer Program through facebook. She not only met her goal, she passed her goal.

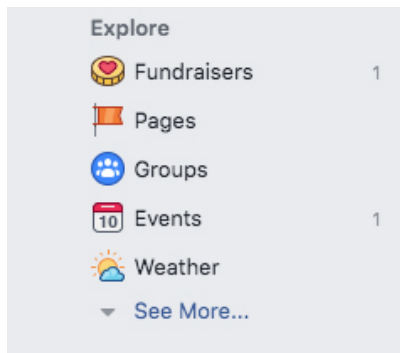


All funds raised through facebook will go directly to our program.

You too, can setup a facebook fundraiser to benefit The Adelphi Breast Cancer Program.

Steps to create your own facebook fundraiser

1. From your facebook homepage, you will see **FUNDRAISERS** listed on the left gray panel. Click on the word fundraisers.



2. Click the button that says **SELECT NONPROFIT**. Choose The Adelphi NY Statewide Breast Cancer Program from the list.
3. Then follow the prompts and fill in the fields to create your own Facebook Fundraiser to benefit our program.

Please share your fundraiser with our page so we can help to get the word out!!!

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 an **AUGUST** Birthday.



Janet F.
Narges R.
Patti H.
Robin H.
Debbie L.
Catherine M.
Rose H.

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