

Monthly Newsletter: **July, 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.

SAVE THE DATE CELEBRATION OF SURVIVORSHIP 2019

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

SAVE THE DATE
CELEBRATION
OF
SURVIVORSHIP

Thursday, October 3, 2019

**New Location*
Our 2019 Celebration of Survivorship
will be held in the Adelphi Performing Arts Center

breast-cancer.adelphi.edu

ADELPHI
NY
STATEWIDE
& SUPPORT PROGRAM
800.877.8077

The poster features a pink and white color scheme with decorative floral and butterfly motifs. It includes the organization's name, the event title, the date, a note about the new location, the website, and a logo with the phone number 800.877.8077.

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.

MARTHA'S KAYAK - July 13, 2019



Martha Leider was an avid kayaker and found solace on the water spending time with her family while she battled metastatic breast cancer. Martha found and fed "her swans" every weekend and coined the name "food kayak" as the swans came to her for their meals. Our goal is to honor Martha's memory and to provide access to kayaking for women who are survivors or who are under treatment for breast cancer.

**Come join us for an inspirational and fun morning on the water.
This is an all expenses paid experience. Lunch to follow event.**

When: Saturday, July 13, 2019 – 9:00AM

Where: Empire Kayaks – 4 Empire Boulevard, Island Park, NY 11558

NO COST TO PARTICIPANTS – Open to breast cancer survivors and those under treatment
Program: Will include Kayaks, Instruction, Lunch and Presentations. Lunch location TBD
immediately following the event.

For more information and to register, please contact:

Roger Leider
917-842-1484

rleider@concatn8solutions.com

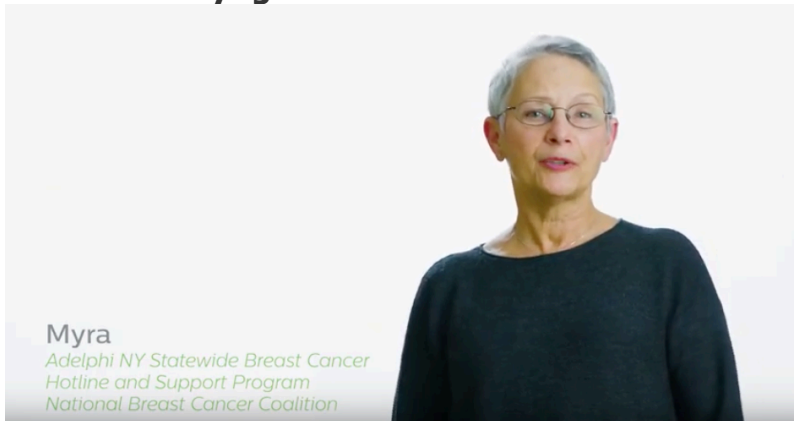
Erin Nau
516-877-4314
enau@adelphi.edu

Any discretionary donations should be made payable to Martha's Kayak Inc., a 501(c)(3) charity organization.

Mail checks to:
Martha's Kayak, Inc.
265 Sunrise Highway
Suite 1-377
Rockville Centre, NY 11570

IN THE NEWS

Myra Taylor appears in video for the Breast Cancer campaign #NoMatterMyAge



[Click here to watch video](#)

We are so proud of our amazing volunteer [Myra Taylor](#) who appeared in the Breast Cancer campaign **#NoMatterMyAge**. This campaign highlights 3 age groups: under 40, 40-70, and over 70; and includes patient stories and advocate perspectives about age-bias in cancer care and treatment.

#NoMatterMyAge encourages patients, regardless of age, to get as much information as they can before making a treatment decision, including whether a genomic test may help patients and their physicians determine the best treatment plan.

LI2Day Walk

Thank you to everyone who participated in the **LI2Day Walk** on June 8, 2019.
Thank you for joining the Adelphi Breast Cancer Program team!

www.li2daywalk.org



Thank you to everyone who donated in JUNE!!

Judith Cohen
Kevin and Mary Carroll
James Huber in memory of Gerda Langendorff

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 JULY Birthday.



Louise W.
Terrilyn D.
Elizabeth V.
Debra T.
Eileen E.
Anne H.
Marge F.

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 Mecklembourg, 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