

Monthly Newsletter: **September, 2019**

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

**800-877-8077**

**breast-cancer.adelphi.edu**



## Join a Support Group



### **\*\*NEW\*\*** Time-Limited, Topic-Focused, Psychoeducational Breast Cancer Groups

The **Adelphi Breast Cancer Hotline and Support Program** presents our new **4-week, time-limited, topic-focused, psychoeducational groups** this Fall.

People diagnosed with breast cancer express a variety of specific concerns. Unfortunately, many do not have the opportunity to discuss them in depth. Our groups will dig into some of the topics that are frequently brought up by patients and survivors. Throughout 4 consecutive weeks we will review these topics and support one another while they are discussed.

For **90 minutes each week**, the session will focus on a specific area of the topic. We hope that time-limited, topic-focused groups will meet the needs of our clients in a new way.

**SESSION 1: Sex and Intimacy (Tuesday's 6:00 - 7:30 p.m.)**

**September 24, 2019** - What we know about sex, intimacy and breast cancer

**October 1, 2019** - Sex and Communication

**October 8, 2019** - Questions for the expert

**October 15, 2019** - What can I take away from this?

**SESSION 2: Nutrition (Tuesday's 6:00 - 7:30 p.m.)**

**October 29, 2019** - What is good nutrition?

**November 5, 2019** - How we feel about food

**November 12, 2019** - Eating Out

**November 19, 2019** - Making it work for you

Each group will accommodate only **10 members**. You **must** register to attend the group. All members must commit to attending the **entire 4-week session**.

For information, questions, and to register for a session, call **Erin Nau**, Counseling and Education Coordinator at **516-877-4314**.

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## **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.

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### **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.

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### **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.

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**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.

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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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**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**

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## >> 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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## **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](http://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)**

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**SPEAKERS (read their bios [here](#))**

**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.**

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## **"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](#)**

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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](http://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

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## **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.**

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## **DONATIONS**

***Thank you to everyone who donated to our program in AUGUST!***

Jeff & Maureen Flynn in memory of Catherine B. Nolan

Barbara Ryan

Northwell-DISRIP

Debbie Langendorff

Eileen Eiger

Reva Rothenberg

Judy Platt in honor of Linda Anapolski's birthday & friendship

Judy Platt in honor of Arlene Basner

Keith Dematteis

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## **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.**

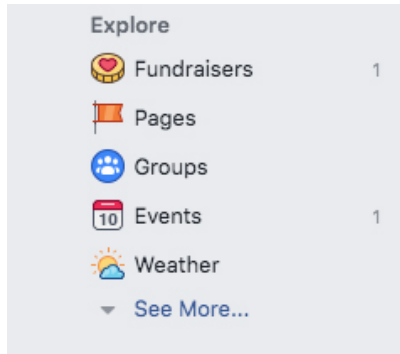


You too, can setup a facebook fundraiser to benefit The Adelphi Breast Cancer Program.

### **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!!!***

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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 SEPTEMBER Birthday.



Ann G.  
Diana M.  
Judith C.  
Diane V.

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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 Mecklembourg, 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)