

Monthly Newsletter: **October, 2019**



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 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**.

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 (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

There is still time to register...

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

"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

Fortunoff Fine Jewelry
Power of Pink - October 1 - 31, 2019

Fortunoff Fine Jewelry will be donating 20% of the purchase price of items from the **Power of Pink collection** to breast cancer awareness and prevention when purchased during the month of October 2019.

Help support the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Shop Power of Pink





SEPHORA STANDS
Classes for Confidence

BRAVE BEAUTY

In the Face of Cancer

At Sephora, they stand with those facing major life transitions. They are offering free 90 minute Brave Beauty classes to help you discover techniques and products that address the visible effects of cancer treatments. Get skincare tips tailored to your needs, then get matched with Color IQ and receive step-by-step instructions for creating a radiant complexion, natural-looking brows and defined eyes.

These classes are free of charge and are offered to anyone who has been impacted by Cancer.

Sign up for your Free Beauty Class at Sephora!

When:

October 7th, 8th, 9th & 10th at 7:00 p.m.

Where:

Sephora Roosevelt Field
630 Old Country Road
Garden City, NY 11530

How:

Visit www.sephora.com and type **beauty classes** into the search box
Select the Brave Beauty class and find the participating store listed above!*

*Class is limited to 12 people

What to Expect:

A fun, supportive environment with lots of hands-on learning. A chance to connect with others in a small group setting.



Real Women, Real Results: A Breast Reconstruction Awareness Event

Many women aren't aware of the options available for breast reconstruction. Our plastic surgeons are at the forefront of innovation, performing 3D microsurgery, robotic mastectomy and reconstruction and lymphatic reconstruction—as well as pioneering work to enhance recovery after breast reconstruction.

In honor of Breast Cancer Awareness Month, we're hosting events to empower women in their decision-making process. Please join us to learn about the new choices women have to feel whole again after breast surgery.

You will have the opportunity to:

- Hear from an expert panel of plastic surgeons specializing in advanced breast reconstruction techniques
- Learn what considerations are important in making choices about breast reconstruction
- Meet with past breast reconstruction patients to hear their stories and see their results
- Have your questions answered by our experts and real patients

October 22

Northwell Health Corporate Office
Conference Center, 2nd Floor
2000 Marcus Avenue, New Hyde Park, NY 11042

Registration and check-in: 5:30 p.m.

Keynote Speaker: Stacey Sager
Reporter at WABC-TV'S "Eyewitness News"

Expert Panel:
Armen Kasabian, MD
Lyle Leipziger, MD
Victor Moon, MD

Adam Perry, MD
Mark Smith, MD
Neil Tanna, MD

October 26

Huntington Country Club
483 Main Street, Huntington, NY 11743

Registration and check-in: 10:00 a.m.

Expert Panel:

Joyce Au, MD
Erna Busch-Devereaux, MD
Alison Mishkit, MD
Adam Perry, MD
Mark Smith, MD
Neil Tanna, MD

This panel session will be followed by Q&A and a show and tell.
Light fare will be served.

Pre-Registration is preferred, but walk-ins are welcome. To register, please visit

Northwell.edu/BraDay

AMERICANA MANHASSET
CHAMPIONS
FOR CHARITY®

The Adelphi Breast Cancer Program to participate in
Americana Manhasset's Champions for Charity®

**25% OF YOUR DESIGNATED PURCHASES WILL BE DONATED TO THE
PARTICIPATING ORGANIZATIONS OF YOUR CHOICE!**

Dates:

Thursday, December 5, 2019 - Saturday, December 7, 2019

Help support our organization by doing your holiday shopping at participating Americana Manhasset and select Wheatley Plaza* stores on Thursday, December 5 to Saturday, December 7 during shopping center hours. Select your organization when registering for your CHAMPION NUMBER. Champions for Charity® is a holiday shopping benefit where 25% of your full-price pre-tax purchase will be donated to those charities you select. Your purchases are not automatically eligible. **Your CHAMPION NUMBER is required to allocate the donation and MUST be presented at the time of each purchase.**

To register for your complimentary CHAMPION NUMBER and for more information about Champions for Charity® visit championsforcharity.org, call 516-627-2277 or visit Americana Manhasset's Concierge Store.

*Select Wheatley Plaza stores will be participating. Visit championsforcharity.org for details.

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.**

DONATIONS

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

National Council of Jewish Women
Norine Sweibel
Janet Spool
Adee & Don Hendler

Barbara Balaban
Kathleen Pecinka
Lita Cohen Rudy
Judy Platt
Monica & Larry Kenny
Barbara Ehrenpreis
Mr. and Mrs. Kantor
Alida Rubenstein
Cindy Kaye-Fink
Sindee Weiss-Domis
William Bores

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.

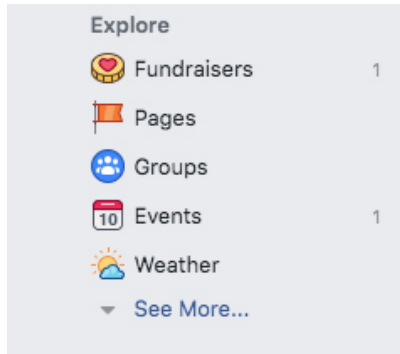
All funds raised through facebook will go directly to our program.



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 OCTOBER Birthday.



Diane G.
Maria B.

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