Join a Support Group

Time-Limited, Topic-Focused, Psychoeducational Breast Cancer Groups

We are proud to present our new 4-week, time-limited, topic-focused, psychoeducational groups. 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 topics (such as sex and intimacy, nutrition, talking to your children, men with breast cancer, etc.) and support one another while they are discussed. The groups meet for 90 minutes. Participants will focus on a specific topic each week.

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

For information, questions, and to learn about upcoming sessions, call Erin Nau, Counseling and Education Coordinator at 516-877-4314.
On-Going Breast Cancer Support Groups

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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**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.

**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.

**Under 40, Young Women’s Support Group (Online)**  
**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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**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.

Did you miss our
2019 CELEBRATION OF SURVIVORSHIP?

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.

breast-cancer.adelphi.edu

Click here to watch a video of the event online.

"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](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

**WALK-INS ARE WELCOME** *(we will be accepting CASH ONLY at the door)*

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**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 our 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.

WE'VE BEEN NOMINATED

Bethpage Best of L.I. 2020

The Adelphi Breast Cancer Program has been nominated for the Bethpage Best of Long Island Contest!
There will only be one winner per category. Please make sure and vote for us. Voting begins October 1, and runs through December 15, 2019. One vote per person per category per day is allowed.

How to vote for us:

1. Visit https://bestof.longislandpress.com/
2. Click VOTE NOW
3. Click on the category SERVICES
4. Then click NOT FOR PROFIT
5. You will see Adelphi Breast Cancer Program, click VOTE

Please share with friends and family!

FORUMS
We have two upcoming forums scheduled for December 2019. We will be posting the details soon. Please [click here](#) for details and our forum schedule.

**Have you missed any of our forums?**

Did you know you can always watch our forums on our [website](#) or on our [YouTube channel](#)?

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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**THANK YOU TO EVERYONE WHO SUPPORTED US THIS OCTOBER**

Spuntino Wine Bar & Italian Tapas
New Hyde Park High School
Pink Pumpkins Event at [UUCCN](#) Pumpkin Patch in Garden City
Breast Cancer Awareness Week with [Adelphi Campus](#) Recreation
Fortunoff The Power of Pink
Sir John's Beauty Salon
[The Seasons](#) at East Meadow

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**DONATIONS**

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

Roberta Ackerman
Anonomous
Joan Beder
Richard Belson
Harriette Benkov
Beth C Tortolani Found
Maria Bicocchi
Maria Bonventre
Barbara Bornstein
Kathleen Cappasso
Anna Carney
May Z. Cohen
Joyce & Stuart Connor
Bernadette Deerkoski
Terrlyn Delnick
Janet Destefano
Linda DiDio
Nanette Dottin
Agnes Djaha
Diane Edelman
Rachelle Epstein
Peggy Fay
Fidelity Charity-Anonomous
Lori Fisher
Margaret Fritz
Milssa Gavigan
Elaine Goldman
Marguerite Gorman
Gwendolyn Harrison
Mary Jane Holupka
Luz Ellena Izquierdo
Diana Jindra
Herly Juliano
Carol Kay
Eleanor & Steve Kaye
Ellen Kessler
Susan Kramer
Mary Kuczyk
Debbie Langendorff
Arthur Leibowitz
LI2Day Walk
Isobel Lustig
Reyna Machado
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 NOVEMBER Birthday.

![HAPPY BIRTHDAY](image)

Teresa G.
Linda D.
Randee A.
Bonnie H.

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**Research Opportunities**

Please use the contact information listed for each research project if you are interested in participating.

**UJA Federation - New York**

**FREE GENETIC TESTING FOR THE BRCA MUTATION**
This is a new study which offers FREE testing to identify biomarkers for carrying a BRCA (BReast CAncer) genetic mutation. **This study is available to you until December 31, 2019.**

This testing is offered through BFOR (BRCA Founder Outreach Study), an independent research initiative that aims to facilitate access to testing for women and men age 25 or older with at least one grandparent of Ashkenazi (Eastern European) ancestry. This Jewish demographic is at least 10 times more likely than the general population to inherit BRCA mutations. And notably, 90% of those at risk do not know they are BRCA-positive.

The testing -- offered at no cost to the participant -- can be completed at your nearest Quest Diagnostics lab. While requiring little investment of time, effort, or money, it will provide invaluable information to help reduce cancer risks and improve outcomes for those who carry a BRCA mutation. In short, participation may benefit one's personal health and, by advancing cancer research, enhance the welfare of the Jewish community at large.

You can learn more about this study by visiting [http://BFORStudy.com](http://BFORStudy.com) or by calling (833) 600-BFOR.

You can also attend an expert panel discussion on the BRCA gene and its implications on Monday, October 28, 2019 at 6:30 pm at UJA-Federation. [https://bit.ly/33aCCVx](https://bit.ly/33aCCVx)

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**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.
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