

Monthly Newsletter: **December, 2019**

Breast Cancer does **not** take a break for the holiday



**We are here for you
365 days a year.**

Call: 800.877.8077

breast-cancer.adelphi.edu



Go beyond the usual gift and make a meaningful donation to the **Adelphi NY Statewide Breast Cancer Hotline & Support Program**. Your contribution directly supports our program.

Reasons to Donate

- in honor of a friend or a loved one
- in memory of a friend or a loved one
- to celebrate a birthday or life event

Donations can be one-time or recurring to be charged on the 15th of every month.

Once your donation is received, we will send the card below to the honoree family acknowledging your gift.

DONATE



Dear _____

We gratefully acknowledge a contribution

from

which helps support the work of the

ADELPHI NY STATEWIDE BREAST CANCER
HOTLINE & SUPPORT PROGRAM
800.877.8077
breast-cancer.adelphi.edu



THINK BIG!

Did you know that you can also help support our program with a fundraiser?

From bowling events and “power of pink” jewelry to beauty baskets and Facebook fundraisers, our supporters have helped our organization grow. Fundraising efforts allow us to provide outreach at community health fairs, host volunteer trainings, offer support groups, individual counseling, present educational forums and refer women to free or low-cost mammography screening. Complete the **START YOUR FUNDRAISER** online form. We will share your fundraiser over social media, our website and newsletter to help you have a successful campaign.

Facebook Fundraising: There are many different ways facebook can be used for fundraising. Some examples are: Birthday’s, Anniversaries, Holiday Gifts, Runs, Bike Rides, Walks, Pink Ribbon, etc. **All funds raised through Facebook go directly to our program.** Please **CLICK HERE** for step by step instructions on how to setup a Facebook Fundraiser.

UPCOMING FORUM

Life After Breast Cancer: Managing Side Effects

Tuesday, December 10, 2019

Adelphi University's Alumni House in Garden City
6:00 p.m.- 8:00 p.m.



[Click Here](#) **to register**

About This Forum:

The relief breast cancer survivors feel upon completion of their treatment is significant. However, this relief is often coupled with post-treatment side effects such as: neuropathy, cardiac issues, post-mastectomy pain and ongoing fatigue. Dr. Maltser & Dr. Cheng will speak about these topics & how to best manage them.

Speakers:

Dr. Susan Maltser

Physical/Rehabilitation Medicine at Northwell Health

Dr. Susan Maltser is a Rehabilitation Medicine Doctor who specializes in treating cancer patients. She helps patients return to their previous level of function by treating pain and any disability associated with a cancer diagnosis, treatment and beyond. Dr. Maltser treats common conditions which cause difficulty with daily activities such as post-mastectomy pain, lymphedema, shoulder pain and weakness. She works with patients diagnosed with breast, head and neck, brain, spine and sarcoma cancers. Dr. Maltser works with a multidisciplinary team including physical, occupational, lymphedema and speech therapists. The ultimate goal of her practice is to focus on the highest quality of life for cancer patients and survivors.

Dr. Susan Maltser graduated from New York College of Osteopathic Medicine. She serves as Director of Cancer Rehabilitation at Northwell Health; Chief, Physical Medicine and Rehabilitation, Long Island Jewish Medical Center; and Assistant Professor, Physical Medicine and Rehabilitation, Donald and Barbara Zucker School of Medicine at Hofstra Northwell.

Dr. Kit Cheng

Hematology, Medical Oncology, Internal Medicine at Northwell Health

Dr. Kit Cheng is a hematologist/oncologist who subspecializes in medical breast and gynecological oncology at the Montefiore Cancer Center. She serves as subprincipal investigator on multiple breast and gynecological clinical trials. Dr. Cheng also serves as a scientific reviewer for Northwell IRB since 2011.

Dr. Cheng is passionate about educating her patients. She spends time teaching and mentoring residents and hematology/oncology fellows. She served as associate program director of the hematology/oncology fellowship at Northwell/ NSLIJ and is currently the director of the hematology/oncology fellowship since 2016.

Dr. Kit Cheng graduated from State University of Buffalo Medical School. She completed residency and fellowship at Northwell Health/ North Shore Hospital where she was chief fellow in 2009.

This forum, which is free and open to the public, will be held at Adelphi Alumni House, 154 Cambridge Avenue in Garden City.

Reservations are required. To RSVP, call **516.877.4325**; email

breastcancerhotline@adelphi.edu

or [Click Here](#) to register online.

If you are unable to join us for the forum, it can be watched on

FACEBOOK LIVE ([click here](#)) from 6:00 p.m.–8:00 p.m.

or on **YouTube** the day following the forum.

www.youtube.com/AUBreastCancer

Our 2019 forums are sponsored by

**The Junior Coalition of the Manhasset Women's Coalition
Against Breast Cancer & Sientra FULL CIRCLE.**

JOIN A SUPPORT GROUP

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.

ONLINE GROUP

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 support environment.

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 wants the opportunity to talk with others in a similar situation should attend.

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.

TIME-LIMITED, TOPIC-FOCUSED, PSYCHOEDUCATIONAL BREAST CANCER GROUPS



We are proud to present our new **4-week, time-limited, topic-focused, psychoeducational group**. 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 group meets 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**.

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.

CancerACCESSConsortium.com



The Adelphi Breast Cancer Program is part of the Cancer Consortium in collaboration with Northwell Health and other community organizations.

The mission of the Consortium is to provide access to information about clinical trials, cancer care, services, and resources to people in our catchment area (Nassau, Suffolk and Queens Counties) targeting underrepresented populations.

Learn more by visiting us online cancerACCESSConsortium.com.

[Click here](#) to download the Cancer ACCESS Consortium flyer

#GIINGTUESDAY

December 3, 2019

#GivingTuesday was created in 2012 as a simple idea:
a day that encourages people to do good.
Over the past seven years, it has grown into a global movement
that inspires hundreds of millions of people to give,
collaborate, and celebrate generosity.

[Click here](#) to support us this #GivingTuesday

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. Not all 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



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!

www.li2daywalk.org





SAVE THE DATE

LI2Day 10K Walk
Sunday, May 17, 2020 at Sunken Meadow State Park, Kings Park, NY

DONATIONS

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

Debbie & Jeff Langendorff
Jeff Flynn
Lois Goetz
Gerhard Rothermel
Adelphi Girls Field Hockey
Susan Carentz
Mr. & Mrs. Abdelkader
Rosemary Denaro
Temple Avodah Sisterhood - Adrienne Rosman
Evelean Russell
Pink Aid LI
Elizabeth A. Snow
Deborah Martorana
Elizabeth Van Praag
Ken Pietrowski in memory of Maria Pietrowski
Diana Tjaden
Greek Catholic Union Lodge #151
Margaret Russell
Marilyn Fitzpatrick
Eve Boden in honor of Hillary Rutter's Retirement

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 **DECEMBER** Birthday.



Anne R.
Rosalie B.
Carol G.
Carol S.
Lesley D.

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 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 and 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> or by calling (800) 600-BFOR.

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

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
