

Monthly Newsletter: **January, 2020**



**Wishing you a very
Happy & Healthy New Year**



During 2020, the Adelpi NY Statewide Breast Cancer Hotline & Support Program will be celebrating its **40th Anniversary:**

40 | **STRONG**
YEARS

Changing Lives Together

Stay tuned for media coverage, historical events, celebrations and fundraisers as we commemorate this milestone.



Welcome 2020! Go beyond the usual gift this year 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 or 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

800.877.3077

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.

FORUMS

**Did you miss our forum
Life After Breast Cancer: Managing Side Effects?**



If you missed the forum, **click here** to watch it on our YouTube channel.

Click here to see a list of our upcoming forums.

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 supportive 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 who 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 **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**.

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



REGISTER TODAY

NEW DATE – Sunday, May 17th, 7 a.m. – 12 noon

The Walk is now in May. That's one month earlier than years past. This hopefully should bring us a more pleasant experience from a weather perspective.

NEW LOCATION – Sunken Meadow State Park, Kings Park, NY
In an effort to make the Walk more accessible to everyone on Long Island, we've relocated the walk to Sunken Meadow Park

NEW DISTANCE – 10K

That's a little over 6 miles, with a scenic walk along the beach, through the park with beautiful water views along the way.

REDUCED REGISTRATION FEE - \$50*

\$50 from DECEMBER 1ST. – FEBRUARY 29TH

\$65 MARCH 1ST – APRIL 30TH

\$75 May 1st – MAY 14TH

THERE IS NO IN-PERSON REGISTRATION.

NO REGISTRATIONS AFTER MAY 14TH.

DONATIONS

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

Four Leaf Designs, LLC
Carol Lubomski
Angela Papalia
Debbie Langendorff
Diane Turcic
Anne Rattinger
Bonnie Hirschhorn
Ronald Lee
Irene Stillwell
Janet Spool
Patti Hogg
Suzanne Wallach
Marcie Rosenberg
Ileene Handburger
Pieces of Energy
Sewanhaka H.S.
LI2Day
Nora Ehrling
Spuntino Wine Bar & Tapas
Oyster Bay Travel Center
Carmen Dashkin (Williams)
Diana Muenzen
Debbie Langendorff
William & Susan Shulman

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 JANUARY Birthday.



Christina D.
Reva R.
Arlene F.
Christa M.
Andrea P.
Irene S.
Catherine O.

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> or by calling (833) 600-BFOR.

You can also attend an expert panel discussion on the BRCA gene and it's implications on 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 studies 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
