This year we are celebrating our 40th anniversary! Click here to view events, media coverage, fundraisers and our historical timeline as we commemorate this milestone.

2020: At a Glance

♦ January
Celebrating 40 Years Strong

♦ February
40th Anniversary Fundraiser with a commemorative piece from Fortunoff Jewelry

♦ March
Forum - March 17, 2020
Sleep Disturbances Related to Breast Cancer
Giving Day - March 25, 2020

♦ April
Forum: April 6, 2020
Planning for the Future

A Change in Leadership for Adelphi’s Breast Cancer Hotline

In January, the Adelphi NY Statewide Breast Cancer Hotline & Support Program said farewell to its acclaimed director, Hillary Rutter, and welcomed its new Executive Director, Reyna Machado (pictured right) and new Assistant Director, Angela Papalia (pictured left).

Click here to contact our team.
Forums

**Volunteer Recognition Party**

**May**
Mother’s Day Ad Campaign

LI2Day
No Ordinary Walk in the Park 10K:
May 17, 2020
Sunken Meadow State Park,
Kings Park, NY

**June**
LI2Day
Orangetheory Fitness
Hope Runs Here 5K:
June 14, 2020
Smith Point Beach,
Shirley, NY

**Volunteer Summer Social**

**July**
Forum:
Exercise

**September**
LI2Day
Hope Runs Here 5K:
September 12, 2020
STheodore Roosevelt Park,
Oyster Bay, NY

**October**
40th Anniversary Celebration of Survivorship
Breast Cancer Awareness Ad Campaign

**November**
Bowling Fundraiser
Forum:
Breast Reconstruction

**December**

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**Sleep Disturbances Related to Breast Cancer**
March 17, 2020 at 6:00 p.m.
at Adelphi’s Alumni House
Register today

**Speaker:**
Planning for the Future
April 6, 2020 at 6:00 p.m.
at Adelphi’s Alumni House
Register today

Speakers:
Kathleen M. Fox, P.C.
Attorney at Law, Kathleen M. Fox Law

Ganesh M. Pandit
Associate Professor of Accounting
Robert B. Willumstad School of Business,
Adelphi University

HELP US PLAN OUR EDUCATIONAL FORUMS FOR 2020
We are always striving to provide the best and most up-to-date educational programs for breast cancer survivors, and their support systems. We would like your opinions about the types of speakers we have and the best way to deliver that information.

Please click here and fill out this short survey.
Please respond before February 8th.

If you missed any of our past forums, please click here to watch them on our YouTube Channel.

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.

SUPPORT GROUPS WE OFFER

• **Weekly Group**
  General Support Group
  Mondays (6:00 - 7:30 p.m.)

• **Bi-Weekly Groups**
  Support Group for Stage 4 Breast Cancer
  Thursdays (6:30 - 8:00 p.m.)

  Under 40, Young Women’s Support Group
  Wednesdays (7:00 - 8:30 p.m.) *(Online)*
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

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.

National Cancer Prevention Day

In honor of cancer prevention, we will bring you a series of weekly videos highlighting some of the key factors you need to make a part of your life to regain your health, stay healthy and feel your best.

Our first video will be posted on February 4, 2020. You can watch these videos on our Facebook page or on our YouTube Channel.

Cancer ACCESS Consortium
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.

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**No Ordinary Walk in the Park**

Participate in the NEW & IMPROVED LI2DAY EVENT

**Sunday, May 17, 2020**

**Click here** to join the Adelphi NY Statewide Breast Cancer Hotline & Support Program walking team!

**New Walk Name:**

No Ordinary Walk in the Park to Fight Cancer
New Date:
Sunday, May 17, 2020 • 7:00 am - 12 noon

New Location:
Sunken Meadow State Park • Kings Park

New Distance:
10k (a little over 6 miles)
A scenic walk along the beach, through the park with beautiful water views.

Reduced Registration Fee:
$50 until 2/29*
(*increases to $65 (3/1 - 4/30; $75 (5/1 - 5/14)
There is no in-person registration or registration after May 14th.

Reduced Fundraising Commitment:
$250*
(But the more you raise, the more we can assist Long Islanders battling cancer)

A Rememberance Ceremony by Water's Edge
A Memorial Flower Tribute & Candle Lighting Ceremony

Click here to register for the
Orangetheory Fitness Hope Runs Here 5K Run/Walk
Sunday, June 14, 2020 @ Smith Point Beach, Shirley NY

Click here to register for the
Hope Runs Here 5K Run/Walk
Saturday, September 12, 2020 @ Theodore Roosevelt Park, Oyster Bay, NY

LI2Day Scholarships for graduating seniors
The LI2Day Scholarship and the Maria A. Sciara Scholarship are administered by LI2DAY. Please note that if the student is a survivor of cancer, he/she is also eligible to apply for these scholarships.

Click here for the eligibility requirements and to apply.
Cancer and Careers National Conference
Friday, June 19, 2020

The Adelphi Breast Cancer Program is pleased to partner with Cancer and Careers on the 10-year anniversary of their National Conference on Work & Cancer, on Friday, June 19, 2020, in New York City!

This FREE event will explore the complexities working people face as they try to balance their cancer treatment and recovery with employment. Topics will include job search, legal issues, health insurance, working during treatment and more.

CEUs/PDCs will be offered for nurses, social workers and HR professionals.

Applications for travel/lodging scholarships are being accepted until April 12th!

For more details or to register, please visit www.cancerandcareers.org/conference

Sisters United In Health

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.com) page.

For more information call Sisters United in Health at 800.559.6348 or [click here](http://www.sistersunitedinhealth.org) to learn more.

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**Happy Birthday to our dedicated volunteers**

**HAPPY BIRTHDAY**

We would like to wish a HAPPY BIRTHDAY to all our volunteers with a FEBRUARY birthday.

Sherry S.
Randee C.
Merna S.

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**Donations**

[Thank you](http://www.sistersunitedinhealth.org)
Thank you to everyone who donated to the Adelphi Breast Cancer Program in January.

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.
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.

Let's Stay in Touch

HOTLINE: 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.

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**Thank you to all our 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