



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.

**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**

Forums



[Click here](#) for our forum schedule.

All forums are **FREE** and open to the public. All forums are held at the Alumni House at Adelphi University (154 Cambridge Avenue, Garden City).

Seating is limited. Reservations are required.

How to register for a forum...

Reservations are required. When registering please specify which forum you will be attending.

To register, call **516-877-4325** or e-mail: breastcancerhotline@adelphi.edu or [click here](#) to register online.

Sleep Disturbances Related to Breast Cancer
March 17, 2020 at 6:00 p.m.
at Adelphi's Alumni House
[Register today](#)

Speaker:

Douglas K Marks, MD

*Attending Physician, Division of Hematology & Oncology,
Director of NYU Winthrop Cancer Clinical Trial Office,
Perlmutter Cancer Center*

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



[Click here](#) for our support group schedule.

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

[click here](#) for more information on our support groups

- **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.

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 Remembrance 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



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 dedicated volunteers



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

Sherry S.
Ranee C.
Merna S.

Donations



Thank you to everyone to 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.

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.

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.



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**