To the Breast Cancer Community:

In this unprecedented time, I have taken comfort, and I hope you have as well, in the strength, determination and humor demonstrated by so many in our community. We have patients who are still undergoing treatment for breast cancer, caring for a loved one, and sending videos which make us laugh out loud in order to lighten some very difficult days.

Even though we are not physically in the office, we continue providing free and confidential services to the breast cancer community. I am so proud of the Adelphi Breast Cancer Program staff, volunteers, interns and our contributions. Read more for program highlights which allow us to stay close while keeping our distance.

READ MORE

Forums

Please click here to see our upcoming forum schedule.
The Adelphi NY Statewide Breast Cancer Hotline & Support Program is celebrating its 40th anniversary and like many around the world, our events and celebrations are taking new shape. Even in these unprecedented times, we have a commitment to meet everyone’s needs — emotionally and physically. Since New Yorkers and others around the world are home, many of us are coping with a new normal and seeking ways to connect. Based on feedback from clients and our ability to create a community for breast cancer patients, survivors, their families and more, we are excited to launch our free Paths to Wellness program virtually.

For six weeks, at 5 pm on Tuesdays, we will be offering various wellness sessions for people to join us at home. At the end of a day where many are working from home, caring for children, or both, we invite you to sit back, stretch, cook and participate in self-care. You are welcome to participate in one or all of the sessions. Be sure to share this with your family and friends; the sessions are appropriate for all ages. The dates and topics that will be offered are below.

PATHS TO WELLNESS SESSIONS

March 31: Meditation with Jacob Cooper, LCSW, CH, RMT
April 7: Mat Pilates with Julianne Hull
April 14: Nutritious Pantry Cooking at Home with Kristen Link
April 21: Gentle movement/Chair Pilates with Naomi Aaronson
April 28: Self Care with Erin Nau, LCSW Counseling and Education Coordinator
May 5: Yoga with Sabrina Moscola from The Happie House

Please click here for more information and to register for this online series.
Did you miss our webinar 
**Sleep Disturbances Related to Breast Cancer?**

We held a webinar on **March 17, 2020.** Dr. Douglas K. Marks, discussed our current understanding of breast cancer-related sleep disturbance as well as the evidence for different approaches to clinical management.

**Douglas K Marks, MD**  
*Attending Physician, Division of Hematology & Oncology*  
*Director of NYU Winthrop Cancer Clinical Trials Office*  
*Perlmutter Cancer Center*  
*An NCI-designated Comprehensive Cancer Center*  

[Click here](#) to watch the webinar.

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**Planning for the Future - CANCELLED**

At this time we have unfortunately decided to cancel our April 6th forum on **Planning for the Future.**

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**Join a Support Group**
**NEW OFFERING**

Online Art Therapy Workshop.

Join us online for an exciting journey using art to explore feelings, increase self-awareness and cope with life's challenges.

Wednesday's 10:00 a.m. - 11:30 a.m.
May 6, May 13, May 20 and May 27, 2020

This online workshop will accommodate only 10 members. You must register to attend the workshop. All members must commit to attending the entire 4-week session.

For information, questions and to register, call Angela M. Papalia, LMSW at (516) 877-4329 or email: apapalia@adelphi.edu.

Click here for more information regarding this workshop

On-Going Breast Cancer Support Groups
Breast cancer can cause many feelings to emerge, such as shock, confusion, 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)

- **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](mailto: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 apapia@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.

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**National Public Health Week**

The first week in April marks the 25th annual celebration of National Public Health Week. Public Health has never seemed so relevant as in the last few weeks but in reality, it has been a driving force to create healthier and happier communities along. The Society for Public Health Education has a history of “speaking out for laws that promote smoke-free indoor air and seat belts, spreading the word about ways to stay healthy, and giving science-based solutions to problems.” Public Health uses education, advocacy and research to promote and protect the health of our communities.

Based on Public Health guiding principles, our Sisters United in Health initiative has the mission to prevent and reduce the risk of breast cancer among women living in underserved communities. We provide outreach to meet people where they are; education to dispel myths, reduce fear, and increase knowledge; and referrals to help women overcome personal and social barriers to screening. Sisters promotes wellness, healthy behaviors and early detection to reduce the burden of breast cancer among the most vulnerable. Sisters believes that everyone deserves to be happy and healthy. **Sisters IS Public 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](https://www.facebook.com/SistersUnitedinHealth) facebook page.

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

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SUPPORT US

**ANNIVERSARY CAMPAIGN**

Be part of our *Anniversary Campaign* with your gift of $40.00.

With your help, the Adelphi Breast Cancer Program will continue serving our community for another 40 years Strong!

[DONATE]

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10K Virtual Walk
*No Ordinary Walk in the Park*
Sunday, May 17, 2020
JOIN US SUNDAY, MAY 17TH FOR THE VIRTUAL WALK
This year’s event is really turning into “No Ordinary Walk in the Park” with the outbreak of the Coronavirus (COVID19). In an effort to safeguard our participants they have changed the event to a virtual walk.

To participate in our virtual walk here’s what you’ll need to do:

$25 registration fee
(covers cost of commemorative shirt and mailing of shirt).
Note this registration fee is effective as of March 17th and will remain open until May 17th.

$250 fundraising commitment.
You have until June 30th to reach your minimum fundraising goal of $250.

Take a walk on Sunday, May 17th.
Walk any distance of your choice to raise awareness and funds to fight cancer.
You can do this around your neighborhood and/or in your favorite park (adhering to the social distancing guidelines and any new direction from the CDC and Municipalities). You can go LIVE on Facebook, post to Instagram or social media platforms to capture your personal walk…and share with those who are donating to you.

Click here for more information and to register

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

News and Press Releases

Below are recent articles and press releases highlighting the program.

Adelphi Coronavirus Fix Mixes Compassion, Innovation

Stay up-to-date on events and closures at the breast cancer program
https://breast-cancer.adelphi.edu/coronavirus-updates/
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.

Happy Birthday to our dedicated volunteers

HAPPY BIRTHDAY

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

Alice S.
Let's Stay in Touch
HOTLINE: 800-877-8077

Follow us on Social Media and online to 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

News and Press Releases

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
The Mother Cabrini Health Foundation
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