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## 2020: At a Glance

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

♦ **March**  
**Webinar - March 17, 2020**  
Sleep Disturbances Related to Breast Cancer

**Paths to Wellness**  
**Online March 31, 2020**  
Meditation with Jacob Cooper,

## To the Breast Cancer Community:

In this unprecedented time, I have taken comfort, and I hope you have 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 Adelpi Breast Cancer Program staff, volunteers, interns and our contributions. Read more for program highlights which allow us to stay connected while keeping our distance.

[READ MORE](#)

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## Forums

Please [click here](#) to see our upcoming forum schedule.

LCSW, CH,  
RMT

## ♦ April

National Public

Health Week  
April 6, 2020 -  
April 12, 2020

### Paths to Wellness

Online April 7,  
2020

Mat Pilates with  
Julianne Hull

April 14, 2020

Nutrition Pantry  
Cooking at  
Home with  
Kristen Link

April 21, 2020

Gentle  
movement/Chair  
Pilates with  
Naomi  
Aaronson

April 28, 2020

Self Care with  
Erin Nau, LCSW

## ♦ May

Mother's Day  
Ad Campaign

**CANCELLED**  
Volunteer  
Recognition  
Party - May 4,  
2020

### Paths to Wellness

Online May 5,  
2020

Yoga with  
Sabrina



## Paths to Wellness Online Series

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.

Moscola from  
The Happie  
House

**Online (4 week)**

**Art Therapy  
Workshop**

**LI2Day  
VIRTUAL  
WALK  
No Ordinary  
Walk  
in the Park  
10K:  
May 17, 2020**

♦ **June**

Adelphi Breast  
Cancer  
Program  
Fashion Show -  
June 20, 2020  
**at Lord &  
Taylor**

♦ **July**

**Forum:**  
Exercise

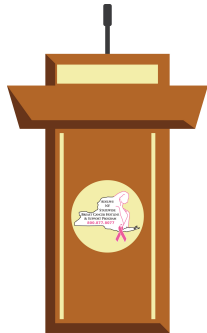


**September**

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

♦ **October**

40th  
Anniversary  
Celebration of  
Survivorship



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## **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 and 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**

Breast Cancer  
Awareness  
Ad Campaign

◆  
**November**

Bowling  
Fundraiser

**Forum:**  
Breast  
Reconstruction

◆  
**December**

Volunteer  
Holiday Party



**\*\*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 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](mailto:apapalia@adelphi.edu).

[Click here](#) for more information regarding this workshop

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**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.

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### **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)**

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### **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**

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For more information, questions and to sign up for a support group, call **Erin I LCSW** Counseling & Education Coordinator at **516-877-4314** or [enau@adelp](mailto:enau@adelp)

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](mailto: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.*

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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 way. The Society for Public Health Education has a history of “speaking out against 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.**

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**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.

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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 (adhere 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**

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#### **[Click here](#) to register for the**

#### **Hope Runs Here 5K Run/Walk**

Saturday, September 12, 2020 @ Theodore Roosevelt Park, Oyster Bay, NY

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#### **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.**



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## 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 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](http://www.cancerandcareers.org/conference)

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## News and Press Releases



Below are recent articles and press releases highlighting the program.

### **Adelphi Coronavirus Fix Mixes Compassion, Innovation**

<https://www.innovateli.com/adelphi-coronavirus-cure-mixes-compassion-innovation>

### **Stay up-to-date on events and closures at the breast cancer program**

<https://breast-cancer.adelphi.edu/coronavirus-updates/>

[Read More](#)

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## 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 clinic 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](https://cancerACCESSConsortium.com).

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

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## Happy Birthday to our dedicated volunteers



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

Alice S.

Jeff F.  
Judith P.  
Deborah H.  
Julie N.  
Patricia E.

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## **Let's Stay in Touch**

**HOTLINE: 800-877-8077**



Follow us on Social Media and online to see photos of our wonderful volunteers, 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.



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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**

**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](http://breast-cancer.adelphi.edu)  
Donate to our cause at [breast-cancer.adelphi.edu/donate](http://breast-cancer.adelphi.edu/donate)