



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

◆ February

40th Anniversary Fundraiser with a commemorative necklace 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

◆ May

SAVE THE DATE: One Day To Give

Wednesday, March 25, 2020

Our 2020 campaign will support our **Sisters United in Health Initiative** by providing lifesaving education, health promotion programs, and free health screenings including mammograms.



SISTERS UNITED IN HEALTH
An initiative for breast health information.

HERMANAS UNIDAS EN LA SALUD
Una iniciativa para la información sobre la salud del seno.

Forums

**Volunteer
Recognition Party - May
4th**

**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

**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

Breast Cancer Awareness
Ad Campaign

◆ **November**

Bowling Fundraiser

**Forum:
Breast Reconstruction**



Sleep Disturbances Related to Breast Cancer

Understanding the relationship between the diagnosis and treatment of breast cancer and sleep disorders.

**March 17, 2020 at 6:00 p.m.
at Adelphi's Alumni House**

[Register today](#)

About this forum:

Sleep disturbance is common in patients diagnosed with breast cancer and can persist throughout treatment. Douglas K. Marks, MD will discuss our current understanding of breast cancer-related sleep disturbance as well as discuss the evidence for different approaches to clinical management.

Speaker:

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*

◆ **December**

Volunteer Holiday Party



Planning for the Future
April 6, 2020 at 6:00 p.m.
at Adelphi's Alumni House

[Register today](#)

About this forum:

The purpose of this educational forum is to educate people about planning for the future; finances and advance directive. Ganesh M Pandit, Associate Professor of Accounting at Adelphi University will teach how to budget properly, spend wisely and save, how to use credit cards prudently, and how to make use of the different investment choices in planning for a secure financial future (i.e., retirement planning).

Kathleen M. Fox, a registered nurse and attorney will focus her discussion on Trusts, Wills & Advance Directives. Her aim is to give participants peace of mind while planning for the future.

Speakers:

Kathleen M. Fox, Esq., R.N.

Attorney at Law, Kathleen M. Fox Law and Registered Nurse



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



How to register for a forum...

Reservations are required. When registering please specify which forum you will be attending.
A light snack will be served.

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

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.

Cancer Prevention Month (February)

In honor of Cancer Prevention Month, we created a series of **weekly videos**. These videos highlighted some of the key factors you need to make a part of your life to regain your health, stay healthy and feel your very best.



TOPICS:

Video #1: Overview of Cancer Prevention Month
February 4, 2020

Video #2: Long Terms Effects of Smoking and Alcohol Consumption
February 11, 2020

Video #3: Nutrition and Exercise
February 18, 2020

Video #4: The Environment
February 25, 2020

Please [click here](#) to watch the videos.

News and Press Releases



Below are recent articles and press releases highlighting the program.

The Financial Burden of Breast Cancer

<https://www.forbes.com/sites/nextavenue/2020/01/21/the-financial-burden-of-breast-cancer/#49434d824d21>

New Leadership as the Adelphi Breast Cancer Program Celebrates 40th Anniversary

https://breast-cancer.adelphi.edu/au_news/newleadership/

[Read More](#)

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 **MARCH** birthday.

Genevieve P.

Chris A.
Janet S.
Theresa L.
Lita R.

SUPPORT US

There are many ways you can donate to the Adelphi Breast cancer Program during 2020 which is our **40th Anniversary**. *All gifts made from January 1, 2020 through December 31, 2020 will be cumulative.*

ANNIVERSARY CAMPAIGN



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

FACEBOOK CAMPAIGN



Be part of our **Facebook Campaign** with your very own facebook fundraiser to benefit our program.

RUBY DONOR



Become a Ruby Donor with a donation of **\$400** and receive a commemorative necklace from Fortunoff Fine Jewelry. All RUBY donors will be acknowledged on our **"YOU ARE A GEM"** page.

DONATE

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

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