To the Breast Cancer Community:

#GivingTuesdayNow is a global day of giving and unity, set to take place on May 5, 2020 as an emergency response to the unprecedented need caused by COVID-19.

Since 1980, the Adelphi NY Statewide Breast Cancer Hotline & Support Program has proudly helped women, men and their families. Unfortunately, earlier this month, we learned our program did not receive a grant from the New York State Department of Health. While this funding loss is devastating, we are working through a solution to maintain operations and continue providing complimentary services to thousands of New Yorkers.

Program staff are researching and have applied to new grant opportunities. However, grant applications take months to be reviewed and we need your support today.

COVID-19 has changed our entire way of life and its financial impact is tremendous;
COVID-19 has changed our entire way of life and its financial impact is tremendous; funding from the Department of Health comprised over 30% of our budget. I hope I can count on you for a contribution to our program.

As we celebrate our anniversary, 40 Years Strong: Changing Lives Together, we remain a community. We will stay close while we keep our distance. You are not alone.

Stay strong and be well,

Reyna Machado
Director

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program’s #GivingTuesdayNow efforts. Visit breast-cancer.adelphi.edu/donate

Forums
Please click here to see our upcoming forum schedule.

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 on 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
needs — emotionally and physically. Since New Yorkers and others around the home, many of us are coping with a new normal and seeking ways to connect...
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 offered various wellness sessions for people to join us at home. Please join us for our last session in this series on May 5th. 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. Be sure to share this with your friends; the sessions are appropriate for all ages.

**UPCOMING PATHS TO WELLNESS SESSION**

**May 5:**
Yoga with Sabrina Moscola from The Happie House

Please [click here](#) for more information and to register for this session.

Please continue to go back and watch all the PATHS TO WELLNESS SESSIONS on our YouTube channel:

**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

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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 for 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

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On-Going Breast Cancer Support Groups

Breast cancer can cause many feelings to emerge, such as shock, confusion, 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.

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, 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.

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 more.

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
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 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

Cancer and Careers National Conference - HELD VIRTUALLY

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, which will be held **virtually** on **Friday, June 19, 2020**.

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.

*Note: This event was previously scheduled to be held at the CUNY Graduate Center in NYC. Due to COVID-19, the National Conference will be hosted virtually instead.*

Login and dial-in info will be emailed to registrants
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.

**Expanding outreach to women in underserved communities**

**Adelphi Breast Cancer Program Spring Ad Campaign**
[https://breast-cancer.adelphi.edu/files/2020/04/mothers-day_20_full_color.pdf](https://breast-cancer.adelphi.edu/files/2020/04/mothers-day_20_full_color.pdf)
We have attached the ad in both English and Spanish as a PDF and a .JPG please feel free to share our ad on your social media accounts.

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 care, services, and resources to people in our catchment area (Nassau, Suffolk 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 MAY

Cindy F.
Lydia C.
Diane K.
Myra T.
Barbara B.
Marcie R.
Kathe O.

Let’s Stay in Touch
HOTLINE: 800-877-8077

Follow us on Social Media and online to see photos of our wonderful volunteer outreach events, stay up-to-date on programs, forums and support groups. Read articles and new studies on breast cancer, read inspiring stories from our volunteers, our events live on facebook and see the wonderful people and businesses that

Facebook

Twitter

Pinterest
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
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)