

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800-877-8077

[breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)



2020: At a  
Glance

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

♦ **March**

To the Breast Cancer Community:

**#GivingTuesdayNow** is a global day of giving and unity, set to take place in **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 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 on 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. As grant applications take months to be reviewed and we need your support.

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

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

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

As we celebrate our anniversary, **40 Years Strong: Changing Lives** remain a community. We will stay close while we keep our distance. You alone.

Stay strong and be well,



Reyna Machado  
Director

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program **#GivingTuesdayNow** efforts.

Visit [breast-cancer.adelphi.edu/donate](https://breast-cancer.adelphi.edu/donate)

**DONATE**

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## 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 anniversary and like many around the world, our events and celebrations are in shape. Even in these unprecedented times, we have a commitment to meet e

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

**Giving**  
**Tuesday**

**May 5, 2020**

Day of Global  
Action for  
Giving and  
Unity in  
Response to  
COVID-19

**Paths to**  
**Wellness**

**Online May 5,**  
**2020**

Yoga with  
Sabrina  
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**

**Postponed**  
Lord & Taylor  
Fashion Show

♦ **July**

**Forum:**  
Exercise

♦ **October**

40th  
Anniversary

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

Celebration of  
Survivorship

Breast Cancer  
Awareness  
Ad Campaign

◆  
**November**

Bowling  
Fundraiser

**Forum:**  
Breast  
Reconstruction

◆  
**December**

Volunteer  
Holiday Party

feedback from clients and our ability to create a community for breast cancer 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 to join us at home. **Please join us for our last session in this series on May 5** of a day where many are working from home, caring for children, or both, we invite you to come 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.

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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 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 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, anger and uncertainty. Our support groups provide the opportunity for participants to express their feelings and experiences under the guidance of social workers and master work interns.

The Adelphi NY Statewide Breast Cancer Hotline & Support program offers no 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)

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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**  
*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. P**  
*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 the Alpern Family Foundation and the NYS Department of 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**
- 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](#) 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 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*

**\$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. This can be 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 share your walk on Facebook, post to Instagram or social media platforms to capture your personal story and share with those who are donating to you.

**[Click here](#) for more information and to register**

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**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 their cancer treatment and recovery with employment. Topics will include job 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.***

**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**

[https://breast-cancer.adelphi.edu/au\\_news/expanding-outreach-in-underserved-communities](https://breast-cancer.adelphi.edu/au_news/expanding-outreach-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.*

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

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

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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 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**

## 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**

**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)