To the Breast Cancer Community:

Mammography screening saves lives. Yet, for months, we’ve diligently stayed home due to the COVID-19 pandemic, preventing us from getting our annual mammogram. The Adelphi Breast Cancer Program has continued to provide support to the breast cancer community including those who had an urgent need for a mammogram. However, both nationally, and locally, there has been a decrease in preventative cancer screenings.

In regards to NY on Pause, Karen Kostroff, M.D., FACS and Chief of Breast Surgery at the Northwell Health System, said, “We needed some time to prepare our offices, and put measures in place for our patients’ safety. Today our breast imaging offices are clean and safe and open for patients. It is very important for women to return for mammography, and not to skip this vital screening.

Feeling hesitant or fearful about obtaining a screening during this time is normal. Our program aims to empower people to take control of their health and that includes scheduling their annual mammogram. If you need to schedule a screening I urge you to contact your doctor’s office today. If you or someone you know has faced job loss and/or lacks health insurance, our Sisters initiative at 516.877.4336 can connect you with free and/or low-cost mammography screening resources (in English and Spanish).

Stay strong and be well,

Reyna Machado
Director
Join a Support Group

SUPPORT GROUPS WE OFFER

- **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**

**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 Coordinator at 516-877-4314 or enau@adelphi.edu

For more information on the Cafecito group and to sign up, call Angela M. 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, the Mother Cabrini Health Foundation, and the NYS Department of Health.

Feel Empowered and Increase your Self-Esteem
An Online Art Therapy Series

Self-esteem and self-acceptance are the building blocks of wellness. Discover how to boost your self-esteem and cope with the basic challenges of life. Over (4) weeks we will teach you exercises to enhance your feelings of worthiness and make you feel stronger and more in control.

The Feel Empowered and Increase Your Self-Esteem Workshop will be held on Wednesday’s from 10:00 am – 11:30 am.

This is a 4-week series which will be held online on July 15, July 22, July 29 and August 5, 2020.

This online workshop will accommodate only 15 members. You must register and 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.
Forums

Did you miss our forum on June 22, 2020

**Breast Cancer Patients:**
**Staying Safe While You Consider Reconstruction Surgery?**

![Waiting room](image.jpg)

**Click here** to watch the video.

**Barry K. Douglas, MD, FACS** of Long Island Plastic Surgery Group discussed:

- The safety precautions being taken with waiting rooms, office visits, and surgeries;
- Options for telehealth consultations for new and existing patients;
- What surgeries for breast reconstruction are currently taking place.

Please **click here** to see our upcoming forum schedule.
Paths to Wellness Online Series

We concluded our 6-week Spring Paths to Wellness Online Series. If you missed any of the sessions or would like to watch them again, please click here to visit our YouTube channel.

Stay tuned for more details for our Summer Paths to Wellness Online Series.

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.

SUPPORT US

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

COVID-19 has changed our entire way of life and it’s financial impact is tremendous. Since April, we have lost over 35% of our program’s funding and the financial loss has been devastating. As a state-wide, not-for-profit organization that provides free, bilingual, professional support and public health services to those affected by breast cancer, our program relies on private grants and donations in order to survive. Without funding, our life-saving services to those who are truly in need. Please make a tax-deductible donation today, so that we may be able to continue to be there for our fellow New Yorkers in their time of need.

DONATE

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**News and Press Releases**

Below are recent articles and press releases highlighting the program.

**The Last Walk**  
https://breast-cancer.adelphi.edu/au_news/the-last-walk/

**New bilingual Spanish speaking social worker**  
https://breast-cancer.adelphi.edu/au_news/new-bilingual-social-worker/

**Feel Empowered and Increase your Self-Esteem through art**  
https://breast-cancer.adelphi.edu/au_news/self-esteem_art/

**Breast Cancer Patients: Staying Safe While You Consider Reconstruction Surgery**  
https://breast-cancer.adelphi.edu/au_news/breast-cancer-patients-staying-s

**Black Lives Matter**  
https://breast-cancer.adelphi.edu/au_news/black-lives-matter/
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

We would like to wish a HAPPY BIRTHDAY to all our volunteers with a JUL

Terrilyn D.
Helena S.
Elizabeth V.
Evelyn F.
Kimberly C.
Eileen E.
Anne H.

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

Follow us on Social Media and online to see photos of our wonderful volunteers, programs, forums and support groups. Read news articles and new studies about our volunteers, watch our events live on facebook and see the wonderful people we support:

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 Office for Housing and Community Development
Nassau County Women’s Bar Foundation
New York State 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