

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**  
**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**

**To the Breast Cancer Community:**

Mammography screening saves lives. Yet, for months, we've diligently continued to provide support to the breast cancer community including mammogram. However, both nationally, and locally, there has been a cancer screenings.

In regards to NY on Pause, Karen Kostroff, M.D., FACS and Chief of System, said, "We needed some time to prepare our offices, and put for our patients' safety. Today our breast imaging offices are clean and important for women to return for mammography, and not to skip this breast cancer mortality by 40 percent and cancers are often detected

Feeling hesitant or fearful about obtaining a screening during this time people to take control of their health and that includes scheduling the schedule a screening I urge you to contact your doctor's office today. job loss and/or lacks health insurance, our Sisters initiative at 516.877 low-cost mammography screening resources (in English and Spanish

Stay strong and be well,



Reyna Machado  
Director

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**

**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**

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## Join a Support Group



### 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.)

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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 sero.

**Para registrarte llame a:**

**Ángela Papalia, LMSW**

**(516) 877-4329**

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◆ **June**

**Postponed**  
Lord & Taylor  
Fashion Show

**Webinar - June  
22, 2020**  
Breast Cancer  
Patients: Staying  
Safe While You  
Consider  
Reconstruction  
Surgery

◆ **July**

**Online (4 week)**  
Art Therapy  
Workshop

◆ **September**

**September 17th**  
Online Program  
Open House

◆ **October**

40th Anniversary  
Celebration of  
Survivorship

Breast Cancer  
Awareness  
Ad Campaign

◆ **November**

Bowling  
Fundraiser

◆ **December**

Volunteer Holiday  
Party

For more information, questions and to sign up for a support group, call **Erii 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.** 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 sup Foundation, the Mother Cabrini Health Foundation, and the NYS Departme*

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



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

**The Feel Empowered and Increase Your Self-Esteem Workshop will be 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](mailto:apapalia@adelphi.edu).

*This series is provided by the Adelphi Breast Cancer Program and supported by...*

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## Forums

Did you miss our forum on June 22, 2020

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



[Click here](#) to watch the video.

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

- The safety precautions being taken with waiting rooms, office visits
- 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.

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## Paths to Wellness Online Series

We concluded our 6-week Spring Paths to Wellness Online Series. If you missed watching them again, please [click here](#) to visit our YouTube channel.

Stay tuned for more details for our [Summer Paths to Wellness Online Series](#)

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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 education
- 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](#)

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## 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. As a result of our program's funding and the financial loss has been devastating. As a result, we provide free, bilingual, professional support and public health services to those who rely 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 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/](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/](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/](https://breast-cancer.adelphi.edu/au_news/self-esteem_art/)

### **Breast Cancer Patients: Staying Safe While You Consider Reconstruct**

[https://breast-cancer.adelphi.edu/au\\_news/breast-cancer-patients-staying-s](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/](https://breast-cancer.adelphi.edu/au_news/black-lives-matter/)

[Read More](#)

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## Cancer ACCESS Consortium



The Adelphi Breast Cancer Program is part of the Cancer Consortium in col community organizations.

The mission of the Consortium is to provide access to information about clir resources to people in our catchment area (Nassau, Suffolk, and Queens C populations.

Learn more by visiting us online [cancerACCESSConsortium.com](http://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 **JUL**

Terrilyn D.  
Helena S.  
Elizabeth V.



Evelyn F.  
Kimberly C.  
Eileen E.  
Anne H.

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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 programs, forums and support groups. Read news articles and new studies our volunteers, watch our events live on facebook and see the wonderful pe

[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 br



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