

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**

Mat Pilates with Julianne Hull

**April 14, 2020**  
Nutrition Pantry Cooking at Home with Kristen Link

**To the Breast Cancer Community,**

Late last year, we began planning for our 40th anniversary and decided on the theme 40 Years Strong: Changing Lives Together. Our team felt the word “**Strong**” best described the courage and resilience those living with breast cancer demonstrate daily. This spirit of fight in the face of adversity is reflected in the heart necklaces (engraved by Fortunoff Fine Jewelers) that were personalized for donors as part of our 40th anniversary campaign. Of course, the term “Strong” has taken on even greater meaning these days, showing us the strength and love in community as we all come together around a common cause. This newsletter includes program updates including how we see the spirit of “Strong” manifested in the work of the Adelphi Breast Cancer Program. Join us for a support group, virtual program or walk down memory lane as we say a final farewell to the LI2Day Walk.

Stay strong and be well,

A handwritten signature in black ink that reads 'Reyna Machado'.

Reyna Machado  
Director

**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**

♦ **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**

♦ **August**

## **LI2Day 2004 - 2020...**

...was a walk fundraiser that raised grant funds for grassroots community-based breast cancer organizations on Long Island. Over the years, the Adelphi NY Statewide Breast Cancer Hotline & Support Program team raised \$465,200.

Please [click here](#) to watch a video we created to say thank you to our team, supporters, and to the organizers of **LI2Day Walk.**

**THANK YOU!**



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## **JOIN A SUPPORT GROUP**



**SUPPORT GROUPS WE OFFER**

[click here](#) for more information on our support groups

**Online (4 week)**

Paths To Wellness Series

♦ **September**

To Screen or Not to Screen:  
Mammograms in the age of  
COVID - online forum to be  
held in Spanish

♦ **October**

40th Anniversary  
Virtual Celebration  
of Survivorship

Breast Cancer Awareness  
Ad Campaign

♦ **November**

Bowling Fundraiser

♦ **December**

Volunteer Holiday Party

- **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)**

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**Groups for Latina Women**

**Cafecito**

**Twice Monthly (Call Angela Papalia at 516-877-4329)**

***\*At this time, Cafecito is being held online until further notice.***

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.

***\*En este momento, el grupo está retenido virtualmente.***

**Para registrarte llame a:**

**Ángela Papalia, LMSW**

**(516) 877-4329**

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**\*\*NEW\*\***

**Para Nuestro Bienestar**

Support Group for Newly Diagnosed Latina Women



A space of friendship and support for Latina women with breast cancer. If you have been diagnosed with breast cancer within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you could be experiencing with your diagnosis.

A un espacio de amistad y apoyo para la mujer Latina con el cáncer del seno. La diagnosis de cáncer del seno nunca es fácil. Estamos aquí para ayudarle. No está sola.

Si ha sido diagnosticada con cáncer del seno dentro de los últimos 18 meses, el grupo **Para Nuestro Bienestar** le brinda un espacio seguro y confiable donde le ayudaremos a identificar, aceptar y expresar los sentimientos y emociones que puede estar experimentando con su diagnosis.

**Para más información y para registrarse llame a:**  
**Adriana Valencia, LMSW**  
**(516) 877-4371**

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**Online Art Therapy Workshops**





Our (4) week art therapy workshops empower participants to express themselves using art. We provide a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

***Please contact us if you are interested in joining our next Art Therapy series.***

Workshops are facilitated by **Angela M. Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program along with **Kimberly Newman, BFA**, Communications and Marketing Coordinator for the Adelphi Breast Cancer Program.

All groups are free but registration is required.

***Dates to be announced.***

For information or questions please call  
**Angela M. Papalia, LMSW at (516) 877-4329**  
or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).

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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](mailto: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](mailto:apapalia@adelphi.edu)

For more information on the **Para Nuestro Bienestar** group and to sign up, call **Adriana Valencia, LMSW Bilingual Social Worker** at **516-877-4371** or [avalencia@adelphi.edu](mailto:avalencia@adelphi.edu)

For more information on a **Art Therapy Workshop** and to sign up, call **Angela M. Papalia, LMSW 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 grants from the Alpern Family Foundation, the Mother Cabrini Health Foundation, and the NYS Department of Health.*

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## FORUMS



### Paths to Wellness Online Series

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is always striving to meet the needs of our community. We recognize that most of us are still spending most of our time at home and looking for ways to safely exercise our brains and bodies. Based on feedback from clients and our ability to create a community for breast cancer patients, survivors, their families, and first responders, we are delighted to bring back the second round of our Paths to Wellness program.

For **four weeks, at 6 pm on Wednesdays**, we will be offering wellness sessions for people to join us at home. At the end of a day where many are working from home, caring for children, or both, we invite you to sit back, stretch, center,

and participate in self-care. **You are welcome to participate in one or all of the sessions.** Be sure to share this with your family and friends. The dates and topics that will be offered are below.

**August 12: Yoga and Journaling with Sabrina Moscola**

**August 19: Exercise for Bone Density with Dorothy Evans**

**August 26: Self-Care and Setting Positive Mantras with Jennifer Velasquez**

**September 2: Meditation, Deep Breathing and Sound Bath with Veronica Beltran**

**FOR MORE INFORMATION AND TO REGISTER:**

Please [click here](#) for more information and to RSVP. On the form, select each session you are interested in attending. Sorry, no phone RSVPs at this time.

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**To Screen or Not to Screen:  
Mammograms in the age of COVID**

***Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program for an online forum to be held in Spanish***



**DATE:** September 3, 2020

**TIME:** 7:00pm – 8:00pm

**PLATFORM:** ZOOM, Facebook LIVE or YouTube.

**Register** to get the link.

**PANELISTS:** Nassau and Suffolk Cancer Services Program, Stony Brook Medicine Mobile Mammography, and the Adelphi NY Statewide Breast Cancer Hotline & Support Program

Are you tempted to skip this years' mammogram due to the COVID pandemic? You are not alone, COVID-19 has caused mammography rates to plummet. Mammograms are not exactly something every woman looks forward to, but we can not ignore their significance and the possible consequences of not getting screened. Join us for a panel discussion about the steps and safety precautions that screening facilities are taking to protect your health; get answers to your questions about what to expect when you go for your appointment; and ways to overcome feelings of stress and anxiety that may arise as a result of screening during the pandemic.

**Register now!**

**HOW TO REGISTER:**

Please **click here** to RSVP.

Once you are registered we will send you the link.

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## **Las Mamografías en la Era del COVID (En Español)**

**FECHA:** September 3, 2020

**HORA:** 7:00pm – 8:00pm

**LUGAR:** Puedes ver por ZOOM, Facebook LIVE, o YouTube. **Regístrese** para recibir el enlace.

**PANELISTAS:** Programa de Servicios del Cáncer de Nassau y Suffolk, Unidad de Mamografía Móvil de Stony Brook Medicine, y el Programa del Cáncer del Seno Adelphi.

¿Está pensando en no hacerse la mamografía este año a causa de la pandemia? Usted no es la única. El COVID-19 ha causado que muchísimas mujeres dejen de hacerse su mamografía anual. Antes del Coronavirus, las mamografías ya eran una fuente de miedo y ansiedad para muchas, pero no podemos olvidar que juegan un papel importante en nuestro cuidado médico. Le invitamos a un panel informativo

sobre las precauciones que los centros de mamografía están tomando para proteger su salud, responderemos sus preguntas y le daremos detalles de lo que pasa en la cita para que nada la tome por sorpresa. También, hablaremos sobre cómo lidiar con el estrés y la ansiedad de ir al examen durante la pandemia.

**[¡Regístrese ahora!](#)**

**COMO REGISTRARSE:**

Por favor presione **[aquí](#)** para confirmar su asistencia. Cuando recibamos su información, le enviaremos un correo con el enlace de acceso al programa.

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***Our 2020 forums are sponsored by***  
***The Junior Coalition of the Manhasset Women's Coalition***  
***Against Breast Cancer, The Mother Cabrini Health***  
***Foundation and NYS Department of Health***

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## **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.**

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**SISTERS UNITED IN HEALTH**  
An initiative for breast health  
**HERMANAS UNIDAS EN LA SALUD**  
Una iniciativa para la salud del seno.

We provide a variety of **NO COST** health workshops designed to educate and empower our community.

**Our workshops are:**

- ♥ Evidence-based
- ♥ Tailored to the audience
- ♥ Available in Spanish
- ♥ Conducted on-site or remotely



For more information please contact  
Angelica Medina at 516-877-4331  
or e-mail [amedina@adelphi.edu](mailto:amedina@adelphi.edu).

**My breasts, My Health**  
The myths and truths about breast cancer, how to reduce your risk, what you can do to detect it early, resources and more.

**Self-Love & Self-Care**  
An interactive discussion about how loving ourselves is the key to a happy and healthy life.

**Food for Life**  
Learn about the effects of food on our health and which foods can help us become stronger, healthier and happier.

**More than love is in the air**  
Explore the connection between our health and the environment and steps you can take to avoid exposures.

**Dress to de-stress**  
Reducing our stress is a skill we all can learn. Learn simple techniques that can help you feel more calm and relaxed.

**Coronavirus: 100 Cures and more**  
With so much information being shared about the virus, how do we know what's true or false? We can help!

**Living Healthy**  
A program that can increase participants' ability to manage a chronic condition and lead active, fulfilling lives. In person only.

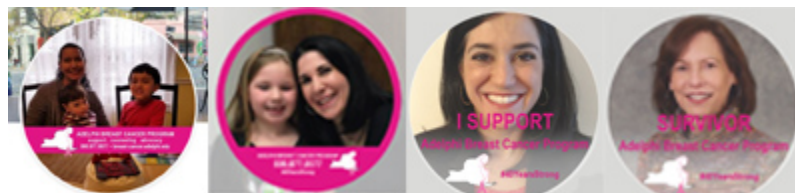
**Click [here](#)** to download the Sisters United in Health workshop flyer.

## FACEBOOK FRAMES:

### Show your support for the Adelphi Breast Cancer Program

You can now add a frame to your profile picture to show your support for the Adelphi Breast Cancer Program.

Visit **[facebook.com/profilepicframes](https://facebook.com/profilepicframes)** and type Adelphi Breast Cancer Program into the search. We have designed (4) options for you to choose from.



## 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 increasingly distressing. Since April, we have lost over 40% of our program's funding and the financial loss has been devastating. As a statewide, 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 program will no longer be able to provide 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 & PRESS RELEASES**



Below are recent articles and press releases highlighting the program.

### **Kelly Preston, actor and wife of John Travolta, dies at 57**

Erin Nau, LCSW, Counseling and Education Coordinator with the Adelphi Breast Cancer Program, spoke on News 12 Long Island about the passing of Kelly Preston at age 57

**[Click here](#)** to watch the interview.

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### **Cancer survivor:**

#### **Do not put off your routine health screenings**

Reyna Machado, Director of the Adelphi Breast Cancer Program and volunteer Julie Bickar Nappi of Garden City participated in an interview for News 12

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

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**It's time to schedule your diagnostic mammogram**  
Mammography screening saves lives.

[Click here](#) to read the press release.

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### **Adelphi Breast Cancer Program News**

Last week Adelphi University installed a new parking sign. We are not sure when we will all be together again, however, it was nice to see that the university is getting ready to welcome us back for fall. We miss seeing everyone's smiling faces.



[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 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](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 **AUGUST** birthday.

Janet F.  
Narges R.  
Robin H.  
Debbie L.  
Catherine M.

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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 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.



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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 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](https://breast-cancer.adelphi.edu)  
Donate to our cause at [breast-cancer.adelphi.edu/donate](https://breast-cancer.adelphi.edu/donate)