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,

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!

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 diagnóstico 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 diagnóstico.

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

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).

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

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

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.

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. Registrese 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**

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.
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 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.

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

Click here to read the press release.

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.

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 an AUGUST birthday.

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

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.

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