

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

40 YEARS
STRONG

CHANGING LIVES TOGETHER

800.877.8077
breast-cancer.adelphi.edu

Due to COVID-19, our services are available over the phone and online.



Contact us

- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who can help.



SUPPORT
COUNSELING
REFERRALS
OUTREACH
EDUCATION
ADVOCACY

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

To the Breast Cancer Community,

October is Breast Cancer Awareness Month and this newsletter will not disappoint. Join us for our **40th Anniversary Celebration of Survivorship on October 27th at 6 pm over ZOOM. SAVE YOUR SPOT!** Limited spaces are available.

It's wonderful to see our community supporting us with various fundraisers. During these challenging times, your annual support is more meaningful than ever. Finally, be sure to review the **Raise Your Voice** advocacy section. Contact your elected officials **TODAY** and request they reinstate funding for the Adelphi NY Statewide Breast Cancer Hotline & Support Program in the 2021-2022 New York State Budget.

For 40 years, we have had the privilege to educate, support, empower, and advocate for breast cancer patients, professionals, and the community.

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

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

L12Day VIRTUAL WALK

No Ordinary Walk in the Park 10K:

May 17, 2020

◆ **June**

Postponed

Lord & Taylor Fashion Show

Webinar - June 22, 2020

THANK YOU!

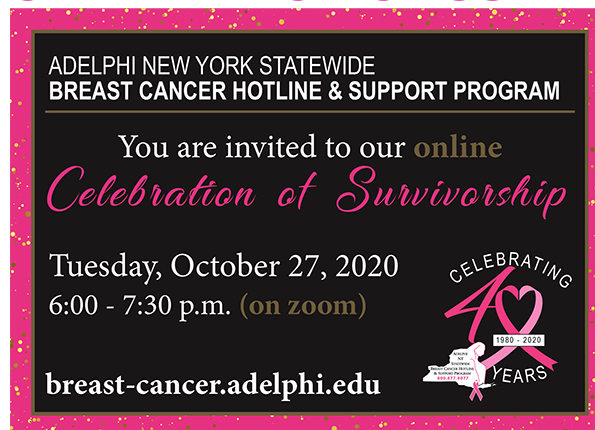
Stay strong and be well,



Reyna Machado
Director

****ONLINE****

CELEBRATION OF SURVIVORSHIP



REGISTER TODAY

Celebration of Survivorship

-Online Event-

Tuesday, October 27, 2020

6:00 - 7:30 p.m. on zoom

(please log into zoom 20 minutes prior to the event)

Relax and get comfortable! For the first time in history, our Celebration of Survivorship **will take place online and as usual, at no cost to participants.** The Adelphi Breast Cancer Program wants to ensure you can safely enjoy this inspirational and motivating event.

Breast Cancer Patients:
Staying Safe While You
Consider Reconstruction
Surgery

◆ **July**

Online (4 week)
Art Therapy Workshop

◆ **August**

Online (4 week)
Paths To Wellness Series

◆ **September**

Online Forum
September 3, 2020
7:00 - 8:00 p.m.
To Screen or Not to Screen:
Mammograms in the age of
COVID **forum in Spanish*

◆ **October**

-ONLINE-
Celebration of
Survivorship
October 27, 2020
6:00 - 7:30 p.m.
40th Anniversary
Celebration

Breast Cancer Awareness
Ad Campaign

◆ **November**

◆ **December**

Keep the Ball Rolling
Fundraiser
December 4, 2020
7:00 p.m.

Volunteer Holiday Party

**What do I need to participate in the
-ONLINE- CELEBRATION OF SURVIVORSHIP:**

1. A computer or smartphone
(You can also connect to audio with a regular phone)
2. Internet connection
3. Access to **Zoom**

Once **REGISTERED** we will email a zoom link to you prior to the event.

Please register by October 26, 2020

- Register **online**
- Register by phone **516-877-4325** or
- Register by e-mail: **breastcancerhotline@adelphi.edu**

CELEBRATION JOURNAL

Every year, the Adelphi NY Statewide Breast Cancer Hotline & Support Program counts on the generosity of others to provide professional counseling, support, education and advocacy to over 10,000 individuals coping with breast cancer. COVID-19 has changed our entire way of life and its financial impact is increasingly distressing. Since April, our program has lost over 40% of our funding and the impact has been devastating.

Please consider taking an ad in our commemorative journal to support the work of the Adelphi Breast Cancer Program. The journal will be downloadable in PDF format. It will be emailed to all registered guests and placed on our website.

**This event is free but your support is
EVERYTHING!**

***Your generous donation will allow us to
continue providing the following services.***

Full page (5.5"w x 8.5"h) - **\$175.00**

Educational Forums

Half Page (5.5"w x 4.25"h) - **\$100.00**

One hour session with a social worker
(English or Spanish)

Quarter Page (2.75"w x 4.25"h) - **\$50.00**

Paths to Wellness (1 hour)

Listing - \$25.00

Gift card for an underserved woman at the
completion of her mammogram

***All ads and payments must be received by October 13,
2020.**

[Click here](#) for more information and to reserve space in our
journal.



LONG ISLAND
PLASTIC SURGICAL
GROUP, PC

999 Franklin Avenue, Garden City, NY 11530

www.lipsg.com

Lesley Decker

Karen Kostroff, M.D., FACS

Chief of Breast Surgery, Northwell Health
2001 Marcus Ave. Suite West 270, Lake Success, NY
11042 516.775.7676 | www.kostroff.com



Jennifer Scully Designs

516.695.9921 jenniferscullydesigns.com



1080 Corporate Drive, Westbury, NY 11590

www.citycellarny.com

Every year, we host our Celebration of Survivorship. We gather around a meal to honor stories of strength, hope, and resilience. This year we are hosting our first ever **virtual** Celebration of Survivorship. We would like to encourage those attending to make the same recipe to enjoy during the event. We would like to thank **Thomas Kuenzel, Chef De Cuisine at [City Cellar American Modern](#)** who has submitted a fantastic **Falafel Israeli Salad** recipe for everyone to make at home.

[Click here](#) to download this delicious recipe.

BECOME AN EVENT SPONSOR

Become an event sponsor with your contribution of **\$300.00**.

Included with your event sponsorship:

1. **WEBSITE LISTING:** We will list your company with your logo as an official event sponsor. We will include your contact information and a hyperlink to your website.
2. **DIGITAL JOURNAL:** We will list your company with your logo as an official event sponsor in our digital journal. Please send us a blurb about your company to be included in the journal. You will also receive a **full page ad** (5.5"w x 8.5"h), ***please note all ads must be submitted by October 13, 2020***. This journal will be sent to all attendees and will be downloadable on our website.
3. **SOCIAL MEDIA:** We will promote your company on our social media channels as an official event sponsor.

[Click here](#) for more information and to become an event sponsor.



Raise Your Voice. Contact your elected officials **TODAY** and request they reinstate funding for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** in the New York State Budget. **Attached** is our template, enter your name, print and mail.

There are many ways you can get involved and share our message. Attached to this email you will find:

- Our letter template;
- A list to contact your local Senators;
- Sample social media posts for easy cutting and pasting.

Your can also find the **RAISE YOUR VOICE** files on our website by [clicking here](#).

#FundABCP

HELP SUPPORT US THIS OCTOBER

Throughout Breast Cancer Awareness Month help support the Adelphi Breast Cancer Program. Please [click here](#) for more information.

Yoga for a Cause

Join the Kappa Alpha Gamma Alumnae Association in support of the Adelphi Breast Cancer Program, for Breast Cancer Awareness Month. [Click here](#) to download the flyer.

Sunday, October 4th @ 6PM
(Virtual) Yoga for a Cause

***Suggested Donation \$10**



Ghosts and Goblins for Cancer

For years 'Motel' owner Frank Amoruso has been decorating his Island Park home with ghouls, ghosts and goblins. His Island Park home becomes the **BATES MOTEL** each year.

During Breast Cancer Awareness Month, Frank asks for donations while visitors walk through his amazing haunted house. The money he collects is donated to the **Adelphi Breast Cancer Program**.

Bates Motel address: 1039 Traymar Blvd, Island Park



SPUNTINO

WINE BAR & ITALIAN TAPAS

\$1.00 from all Rosé wine bottle purchases during the month of October will be donated to the Adelphi Breast Cancer Program.

[Click here](#) download the flyer.

For our **Celebration of Survivorship** on October 27, 2020 use the code **AdelphiSpuntino10** which will give you **10% off \$50** or more when a guest orders online via www.spuntinowinebar.com to go.

SPUNTINO
WINE BAR & ITALIAN TAPAS

October is
**BREAST CANCER
AWARENESS MONTH**

\$1 from all Rosé wine bottle purchases during
the month of October will be donated to

Adelphi Statewide Breast Cancer Hotline



Available for in-store purchase and with
online orders through SpuntinoWineBar.com

The Gallery at Westbury Plaza • 1002 Old Country Rd. • 516.228.5400 [f](#) [t](#) [i](#)

fortunoff
FINE JEWELRY

POWER OF PINK - Fortunoff Fine Jewelry is proud to support Adelphi NY Statewide Breast Cancer Hotline & Support Program. Fortunoff has curated a collection of jewelry that uses the pink color of the breast cancer awareness movement. The Power of Pink provides the Adelphi Breast Cancer Program with **20% back on the sales from the "pink collection."**



PINK PATCH PROJECT

Adelphi Public Safety has teamed up with the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** to promote Breast Cancer Awareness Month (October 1st to October 31st).

Public Safety is offering pink uniform patches, for a donation, all proceeds will be donated to the Adelphi Breast Cancer Program. Visit Public Safety in Levermore 118 and with any donation amount receive a **PINK PATCH**.

[Click here](#) for more information. You may also contact **SGT. Lennon** at **(516) 877-3499** or email: **Glennon@adelphi.edu**



PINK PUMPKIN PATCH

[AT UNITARIAN UNIVERSALIST CONGREGATION OF CENTRAL NASSAU \(UCCN\)](#)

223 Stewart Avenue, Garden City, NY 11530
Mid-October (Details to be announced)

For more information and to place an order
<https://www.facebook.com/diane.turcic>
Diane Turcic is offering pickup and deliveries when possible.



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.) **(Online)**

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**

****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.

Our first weekly session will begin on October 8, 2020 at 6pm over ZOOM.

**For more information and to register, please call:
Adriana Valencia, LMSW
(516) 877-4371**

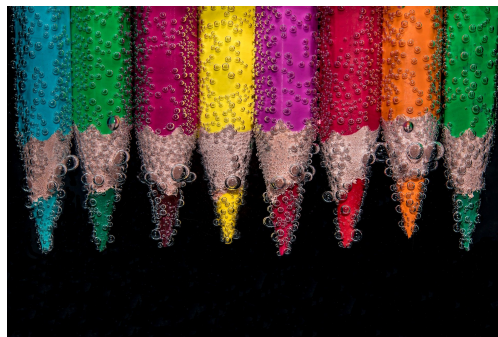
A un espacio de amistad y apoyo para la mujer Latina con el cáncer del seno. La diagnosis de cáncer del seno nunca es fácil. Estamos aquí para ayudarle. No está sola.

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**

Nuestra primera sesión semanal comenzará el 8 de octubre de 2020 a las 6pm a traves de ZOOM.

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**.

For more information, questions and to sign up for a support group, call **800-877-8077** or **breastcancerhotline@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**

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**

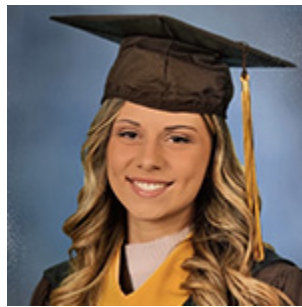
You can also call the Breast Cancer Hotline at **800-877-8077**.

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.

WELCOME TO OUR 2020 - 2021 SOCIAL WORK INTERNS

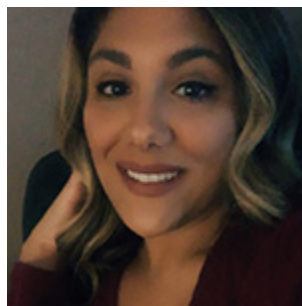
BRITTANY DURYEA

My name is Brittany Duryea, I graduated Adelphi University with my Bachelors in Social Work. Currently, I am enrolled in the Masters program at Adelphi and look forward to graduating with my MSW. The field of social work has always been an interest of mine since a young age and I hope to be able to help those in need.



MARISSA COSENTINO

My name is Marissa Cosentino. I am an advanced year MSW student. I work at SAIL apartment treatment program where I assist individuals with severe mental illness with increasing their independence. I am recently engaged and have a dog named Nellie!



SARAH ABBATANGELO

Hi everyone! My name is Sarah Abbatangelo and I am a first year MSW student who is interning at the Breast

Cancer Support and Hotline program here at Adelphi. I am happy to advocate and provide those with the support they need. I hope to grow in this internship, as well as learn a lot about the daily lives of those struggling with Breast Cancer. My hobbies include painting portraits, going to the beach, and watching true crime documentaries.



ALANNA KATZ

My name is Alanna Katz and I am a third-year BSW student. I currently major in Social Work with a minor in Child and Family Studies and a minor in Spanish Translation. I currently also work part-time with an agency supporting adults with disabilities.



FORUMS



Did you miss our 4-week Paths to Wellness Online Series?

For **four weeks** we offered wellness sessions for people to join us at home. The topics for these sessions were:

Yoga and Journaling with Sabrina

Exercise for Bone Density with Dorothy Evans

Self-Care and Setting Positive Mantras with Jennifer Velasquez

Meditation, Deep Breathing and Sound Bath with Veronica Beltran

If you missed any of these sessions or would like to rewatch a session, please visit our [YouTube channel](#). Be sure to share this with your family and friends.

Did you miss our forum To Screen or Not to Screen: Mammograms in the age of COVID?



In September the Adelphi NY Statewide Breast Cancer Hotline & Support Program held an online forum in Spanish discussing the importance of getting your annual mammogram and how we can not ignore the possible consequences of not getting screened.

If you missed this important forum or would like to rewatch the video, please visit our [YouTube channel](#).

***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***

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.

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.

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.

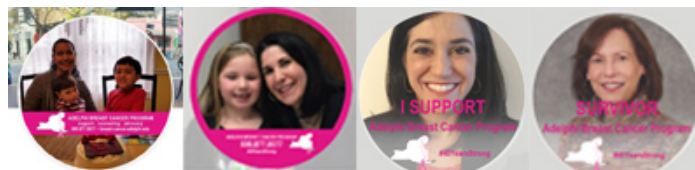
[Click here](#) to download the Sisters United in Health workshop flyer.

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 and type Adelphi Breast Cancer Program into the search. We have designed (4) options for you to choose from.



FACEBOOK FUNDRAISERS

Did you know that you can host a fundraiser through your Facebook page to benefit our program?

All funds raised through Facebook go directly to our program.

Ideas for Facebook Fundraisers:

Birthday's, Anniversary's, Holiday Gifts, Runs, Bike Rides, Walks, Pink Ribbon, etc.

[Click here](#) to learn how you can setup a facebook fundraiser to benefit the Adelphi Breast Cancer Program.

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

NEWS & PRESS RELEASES



Below are recent articles and press releases highlighting the program.

Free informative Forum on Mammograms during the Pandemic

COVID-19 has caused mammography rates to plummet nationwide. Sister United in Health/Hermanas Unidas en la Salud is informing Spanish-speaking women about precautions that have been implemented for them to remain safe when getting their annual mammogram.

[Click here](#) read the article

An Anniversary for Adelphi's Breast Cancer Hotline

The Adelphi NY Statewide Breast Cancer Hotline & Support Program serves the needs of those coping with breast cancer. That was the mission when the program was founded at the School of Social Work and remains its purpose today—40 years later.

[Click here](#) read the article

BREAST CANCER: Survival During a Pandemic

Airing on ABC 7 on Sunday, October 18th at 5:30 PM (and will repeat on 10/19 2:00 AM)

Will include pregnancy and breast cancer, breast surgery, oncology and breast reconstruction with Dr. Karen Kostroff, Dr. Ruby Sharma, Dr. Mark Smith and Dr. Neil Tanna.

Read More

THANK YOU

Thank you to the **[Mother Cabrini Health Foundation](#)** for providing us with crucial funds which allow us to meet the needs of our community. With this generous support, our program is able to send breast cancer patients in need

essential PPE materials to stay safe during these difficult times. [#gratitude](#)



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 **OCTOBER** birthday.

Nancy C.
Lori F.
Diane G.
Kimberly C.
Maria B.

WE ARE HERE FOR YOU!



The Adelphi Breast Cancer Program is open and operating remotely. For assistance, contact the program via email at breastcancerhotline@adelphi.edu or by phone at **800.877.8077**. You are not alone.

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