

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,

Thank you! Thank you! Thank you!

October was filled with educational workshops, a new Spanish language support group, media, community fundraisers, and concluded with a very special Celebration of Survivorship. It means so much to have your support. We hope you enjoy our newsletter with a *Celebration* Event Replay. We encourage you to **VOTE** and help us advocate for funding by writing a letter to your State Senator as part of our Raise Your Voice campaign. Finally, please save the date for our Stand Up to Fight Breast Cancer Comedy Fundraiser on Friday, December 4th.

Stay strong and be well,

Reyna Machado

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

LI2Day VIRTUAL WALK

No Ordinary Walk in the Park 10K:

May 17, 2020

♦ **June**

Postponed

Lord & Taylor Fashion Show

Webinar - June 22, 2020

Reyna Machado
Director

**Did you miss our
CELEBRATION OF
SURVIVORSHIP?**



VIEW EVENT REPLAY

Thank you to everyone who helped us make our **40th Anniversary Celebration of Survivorship** a success!

Please use the links below to **replay** the event.

Watch the video of the entire Celebration of Survivorship.

View and download our event journal.

Enjoy the commemorative photo presentation.

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

"Stand Up" to Fight Breast
Cancer -
Online Comedy
Fundraiser
December 4, 2020
7:00 p.m.

Champions for Charity
December 3 to December
5

Volunteer Holiday Party

Raise Your VOICE



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.

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

#FundABCP

THANK YOU!

We appreciate everyone who held fundraisers throughout Breast Cancer Awareness Month which benefited the Adelphi Breast Cancer Program.



Fortunoff Fine Jewelry

Power of Pink jewelry collection

Ghosts and Goblins for Cancer

Frank Amoruso's Bates Motel

Pink Patch Project

Adelphi Public Safety pink uniform patches

Pink Pumpkin Patch

Unitarian Universalist Congregation of Central Nassau

Spuntino Wine Bar & Italian Tapas

\$1.00 from all Rosé wine bottle purchases

Yoga for a Cause

Kappa Alpha Gamma Alumnae Association

Adelphi Campus Recreation - Think Pink Week!

Exercise classes to support & build awareness for Breast Cancer & the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

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.

Thursdays at 10 a.m. on 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**

Este grupo se reunirá los jueves a las 10 am en 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

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.

"STAND UP" TO FIGHT BREAST CANCER

Join us for a night of Laughs & Live Entertainment



In collaboration with



Friday, December 4, 2020

Time: 7:00 p.m.

Where: Live on Zoom

Cost: \$35

**What do I need to participate in the
-ONLINE- COMEDY SHOW?**

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

FEATURED COMEDIANS:
[Click here](#) to read their full bios

SARANNE ROTHBERG
Event MC



JOEY KOLA



SHERRY DAVEY



RICK YOUNGER



REGISTRATION

Pre-Registration is required.

Please RSVP by December 1, 2020.

Click here to register for the event. ***All registered guests will be emailed the zoom link prior to the event.**

PAYMENT

Online Payment

Please **click here** to pay online for event. ****Please write “Comedy Night” in the event field with your donation****

Pay With a Check

Please make your check payable to:
The Adelphi Breast Cancer Program

Mail your check to:

The Adelphi Breast Cancer Program
1 South Avenue, PO Box 701
Garden City, NY 11530

****Please include “Comedy Night” in the memo section****

FORUMS

If you have missed any of our past forums, please visit our **YouTube** channel to watch the videos.

Please **click here** to see our forum calendar.

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.

**AMERICANA MANHASSET
CHAMPIONS FOR CHARITY® 2020**



THURSDAY, DECEMBER 3 – SATURDAY, DECEMBER 5

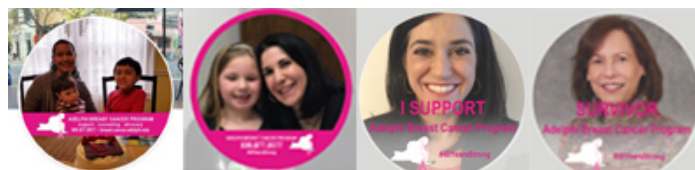
Americana Manhasset Champions for Charity® holiday shopping benefit is **December 3 - December 5, 2020**. Help support our organization by doing your holiday shopping at participating Americana Manhasset and select Wheatley Plaza stores during these three days, when **25% of your designated full-price, pre-tax purchases will be donated back to us!** To register for your complimentary **CHAMPION NUMBER** or for more information, visit championsforcharity.org or visit the Americana Manhasset Concierge storefront location. When it's time to make a purchase, simply present your CHAMPION NUMBER with any form of payment. Donations will be made on full-price merchandise only, subject to individual store policy. Your purchases are not automatically eligible. Your CHAMPION NUMBER is required to allocate your donation and must be presented at the time of each purchase. Donations on participating store gift certificates and special order merchandise are subject to individual store policy.

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.

Adelphi Officer Wears Patch in Support of Breast Cancer Awareness

The pink patch has significant meaning for Sgt. Gerry Lennon, of Adelphi University's Department of Public Safety and Transportation division.

[Click here](#) read the article

Going Pink: Adelphi Public Safety Joins Pink Patch Effort for Breast Cancer Hotline

When Sgt. Gerry Lennon of the Adelphi University Department of Public Safety in Garden City, heard about the national Pink Patch breast cancer effort he knew that was something he could do right on campus.

[Click here](#) read the article

Supporting the Fight Against Breast Cancer

October is Breast Cancer Awareness Month, an ideal time to discuss the importance of early detection and mammograms.

[Click here](#) read the article

Life's Victories - Surviving Breast Cancer

"When it comes to breast cancer, everyone is at risk, It's all about early detection." - Elba Contreras

[Click here](#) read the article

Life's Victories - Surviving Breast Cancer

"Cancer changed my life in the best way possible. Now I'm happier, stronger and much more grateful for life's blessings."

- Kimberly Callahan

[Click here](#) read the article

'There is a light at the end of the tunnel': Breast cancer survivor shares message of hope

She was young and healthy with no family history of breast cancer. But when she was diagnosed, doctors told her the disease was aggressive and advanced.

[Click here](#) read the article

Read More

PROCLAMATION IN HONOR OF 40TH

Thank you to **Andrea Stewart-Cousins** who sent the Adelphi Breast Cancer Program this beautiful Proclamation in honor of our 40th Anniversary.



RESEARCH OPPORTUNITY

Do you have breast implants?
Are you Planning to get Reconstructive Surgery?
Have you ever thought about getting implants?

Please help provide feedback to a breast implant company that wants to better understand women who have undergone reconstruction, considering implants or experienced breast cancer.

Please [click here](#) to take this short survey and provide your honest feedback.

HAPPY BIRTHDAY
to our dedicated volunteers



We would like to wish a **HAPPY BIRTHDAY** to all our volunteers with a **NOVEMBER** birthday.

Teresa G.
Linda D.
Ranee A.
Bonne H.

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