Breast Cancer does not take a break for the holidays. We are here for you 365 days a year.

The Adelphi Breast Cancer Program is open and operating remotely.

For assistance please contact us by phone, email or web.

**call** our hotline at **800.877.8077**
**email** our program at **breastcancerhotline@adelphi.edu**
**visit** our website at **breast-cancer.adelphi.edu**

You are not alone.

**TODAY IS #GIVINGTUESDAY**
Thanks to the generosity of Adelphi University’s Chairman of the Board, Ron Lee, gifts to the Adelphi Breast Cancer Program will be matched, dollar for dollar, up to $1,500. You can support twice as many breast cancer patients with your gift today!
Together we give. Your support will allow us to continue providing education, licensed social work services and support to the breast cancer community in 2021. As you can see, we reach and impact thousands of individuals every year. This is possible because of you -- our passionate volunteers, strong supporters, esteemed board members, and devoted staff. We are also grateful to Adelphi University who continue to support and strengthen our program.

#GivingTuesday was launched in 2012 as a simple idea: to create a day that encourages people to do good. Over the past nine years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

A tax-deductible contribution to the Adelphi NY Statewide Breast Cancer Hotline & Support Program changes the lives of breast cancer patients and their families. During this special time of year, donate today and make an impact in your community.

Provide your gift securely online at http://givingday.adelphi.edu/breastcancer. Help make a difference on #GivingTuesday.

DONATE

"Stand Up" To Fight Breast Cancer
Join us for a Night of Laughs & Live Entertainment
In collaboration with The Comedy Cures Foundation

Today is the last day to register!!!

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

Date: Friday, December 4, 2020
Time: 7:00 p.m.
Place: 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

RAFFLE TICKETS
Jean Rettura, a dedicated volunteer with our program, has organized this online comedy night fundraiser and all monies raised will support the important work of The Adelphi NY Statewide Breast Cancer Hotline & Support Program.

**Raffle Tickets are available for purchase until noon on December 3, 2020.**
Winners will be announced live at the comedy event on December 4th. If you are not attending the event, you may still purchase raffle tickets. **Raffle prize winners who are not at the live event will be contacted the following day.**

**Raffle Tickets: $5 each**

**Top Tier Raffle Tickets: $10 each**

[Click here](#) to browse our amazing raffle items and purchase your raffle tickets.

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**Support Groups**
At this time, all support groups are being held online until further notice. All groups are free but registration is required.

[Click here](#) to see full support group schedule

For more information, questions and to sign up for a support group, call **800-877-8077** or [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

**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 Group  
  Wednesdays (7:00 - 8:30 p.m.)
Groups for Latina Women

CAFECCITO

- Cafecito is a support group for Spanish speaking women facing breast cancer.
  Twice Monthly - Call Angela Papalia at 516-877-4329
  *At this time, Cafecito is being held online until further notice.

- Cafecito es un grupo de apoyo en español para mujeres con cancer del seno.
  Para registrarte llame a: Ángela Papalia, LMSW (516) 877-4329
  *En este momento, el grupo está retenido virtualmente.

PARA NUESTRO BIENESTAR *NEW*

- Para Nuestro Bienestar is a 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 6 pm on zoom.
  For more information and to register, please call:
  Adriana Valencia, LMSW at (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 6 pm en zoom.

Online Art Therapy Workshops

Manage stress by becoming more relaxed and focused.

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.
Click here for more information and to register for our art therapy workshop.

We will meet for (4) consecutive Tuesdays from 10:00 am - 11:30 am. January 5th, January 12th, January 19th and January 26th.

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

Our support 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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**Americana Manhasset Champions for Charity**

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.

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**Raise Your Voice**

Contact Your Elected Officials Today

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. Use our template, enter your name, print and mail.

There are many ways you can get involved and share our message. Find the RAISE YOUR VOICE files on our website by clicking here.
• Our letter template;
• A list to contact your local Senators;
• Sample social media posts for easy cutting and pasting.

#FundABCP

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**Forums**

If you have missed any of our past forums, please visit our [YouTube](https://www.youtube.com) channel to watch the videos.

Please [click here](https://www.sistersunitedinhealth.org) 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

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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 educational materials.
• Provide breast health workshops at no cost.
• Available in English and Spanish.

Like the [Sisters United in Health](https://www.facebook.com/SistersUnitedinHealth) facebook page.

[Click here](https://www.sistersunitedinhealth.org) for more information or call Sisters United in Health at **800.559.6348.**

**Download** the Sisters United in Health workshop flyer.
Facebook

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.

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](https://facebook.com/) to see how you can start your own facebook fundraiser.

Support Us
Anniversary Campaign

Be part of our [Anniversary Campaign](https://facebook.com/) 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.

News and Press Releases
Program Highlights

[Top Comics at Virtual Comedy Show for Breast Cancer Hotline](https://facebook.com/)
“Stand Up’ to Fight Breast Cancer” is a live zoom comedy show occurring Friday, December 4th at 7 pm to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The cost of the event is $35 and all money raised supports the work of the Adelphi Breast Cancer Program.

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

**Spectrum TV Interview with volunteer Anne Hogan**

Our fantastic volunteer Anne Hogan was interviewed on Spectrum TV. This interview was aired on Saturday, October 31st. The reporter for Anne’s interview is Justine Re.

[Click here](#) to watch the video

**Adopt a Positive Mindset. Managing stress for breast cancer patients, survivors and caregivers**

The Adelphi NY Statewide Breast Cancer Program is offering a free, four-week art therapy workshop, empowering people dealing with a breast cancer diagnosis, survivors and caregivers to express themselves using art. Social worker Angela Papalia and artist Kimberly Newman provide a safe place for participants to communicate their thoughts, feelings, concerns, problems, hopes and dreams.

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

**AS SEEN ON SOCIAL MEDIA**

Thank you to everyone at The Seasons at East Meadow for raising $5,750 for our program. This year they stood in the parking lot selling raffle tickets on Mondays & Wednesdays from 10:00 am-12:00 pm throughout the month of October. Thank you so much for your continued support!!! From your right, Alida Rubenstein, Carol Gilman, Chickie Pravata, Joanne Dugan, Sheila Beckman & Marge Russell.
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 all our volunteers with a December birthday

Anne R.  
Rosalie B.  
Carol G.  
Carol S.  
Lesley D.

Let's Stay In Touch
Contact our Hotline, Visit our Website, Follow us on Social Media

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.

SOCIAL MEDIA  
[facebook](#), [twitter](#), [pinterest](#), [youtube](#), [instagram](#)

WEBSITE  
[breast-cancer.adelphi.edu](#)

ONLINE CHAT  
Did you know we have a [LIVE CHAT](#) feature on our website. Chat with a breast cancer survivor or social worker.

HOTLINE  
800.877.8077 - We are here for you 365 days a year!
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