

**ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

**800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)**



## **Monthly Newsletter**

**December 2020**



**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](mailto:breastcancerhotline@adelphi.edu)**

**visit** our website at **[breast-cancer.adelphi.edu](http://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!*



## Adelphi Breast Cancer Program Our Impact Over The Year



Together we give.

December 1, 2020

**GIVING  
TUESDAY**

**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**

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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.**

## Top Tier Raffle Tickets: \$10 each

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

**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)**

- **General Support Group**  
Mondays (6:00 - 7:30 p.m.)

- **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

### CAFECITO

- **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.

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### 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.

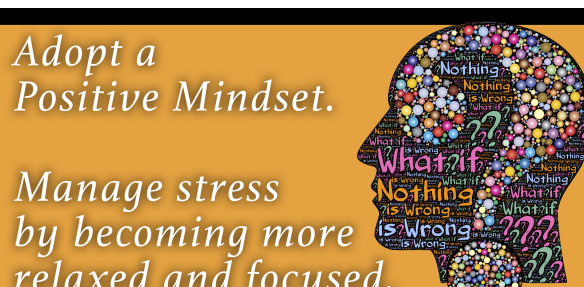
**Para más información y para registrarse llame a:  
Adriana Valencia, LMSW - (516) 877-4371  
Este grupo se reunirá los jueves a las 6 pm en zoom.**

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## 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](mailto: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](http://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

## 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

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.

[Click here](#) for more information or call Sisters United in Health at **800.559.6348**.

[Download](#) the Sisters United in Health workshop flyer.

**SISTERS UNITED IN HEALTH**  
 An initiative for breast health information  
 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:  
 Angélica Medina at 516-877-4331  
 or e-mail [angelicamedina@shh.us](mailto:angelicamedina@shh.us)

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

**Self-Care & Self-Cure**  
 An interactive discussion about how being mindful in the day-to-day can help you take control of your health and happiness.

**Food for Life**  
 Learn about the impact of food on our health and what 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 exposure.

**Dress to de-stress**  
 Dressing our stress in and out of our lives. 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 is real and what is not?

**Living Healthy**  
 A program that can increase participants' ability to manage a chronic condition and live a more fulfilling life. In person only.

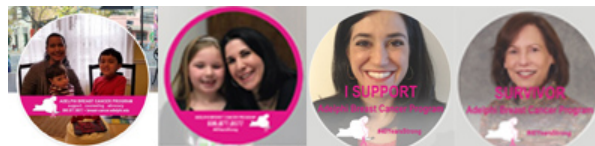


**SISTERS UNITED IN HEALTH**  
 An initiative for breast health information.

## 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.

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### **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 see how you can start your own facebook fundraiser.

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## 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.

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## News and Press Releases

### **Program Highlights**

**Top Comics at Virtual Comedy Show for Breast Cancer Hotline**



“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](#) read the press release

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### **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

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### **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](#) read the press release

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### **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.



**READ MORE**

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## 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.

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## Happy Birthday

**To all our volunteers with a December birthday**

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



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## 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](http://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!





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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

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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)

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