

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

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



## **Monthly Newsletter**

**HAPPY  
NEW YEAR  
January 2021**

**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.**

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**THANK YOU FOR SUPPORTING US ON  
#GIVINGTUESDAY**

*Thank you to everyone who participated in #givingtuesday. Your continued support will allow us to provide education, licensed social work services and support to the breast cancer community in 2021.*



## 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

### **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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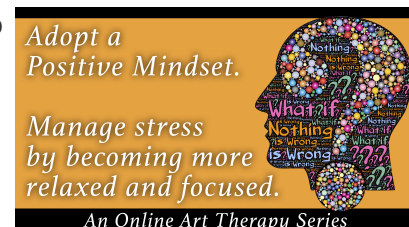
## **Online Art Therapy Workshops**

**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.

**Due to an overwhelming response, we have reached**

**capacity for this workshop.** If you would like to be placed on our waiting list or are interested in attending a future Art Therapy Workshop, please contact **Angela M. Papalia, LMSW** at (516) 877-4329 or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).



[Click here](#) for more information.

Our support groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, Kat's Ribbon of Hope, the Mother Cabrini Health Foundation, the NYS Department of Health, Pink Aid and Sientra FULL CIRCLE.

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## Evaluations

We need your feedback



We have sent out evaluations by both email and through the United States Postal Service. **We need your feedback.** Please send back your completed evaluation forms so we can better serve the community.

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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.

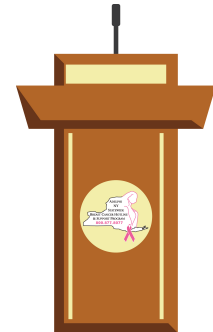
**#FundABCP**

## 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.

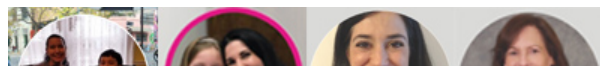
A flyer for Sisters United in Health. It features a purple and white color scheme. At the top, it says "SISTERS UNITED IN HEALTH" and "HERMANAS UNIDAS EN LA SALUD". Below this, it lists various topics covered in their workshops, including "My Ancestors, My Health", "Self-Love &amp; Self-Care", "Food for Life", "More than love is in the air", "Dress to de-stress", "Coronavirus: 100 Cures and more", and "Living Healthy". It also mentions that they provide a variety of NO COST health workshops designed to educate and empower their community. At the bottom, it provides contact information for Angélica Medina at 516-877-4331 or via email at amedina@dupludo.com.



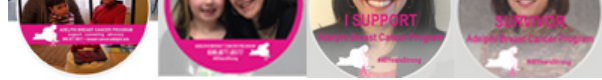
**SISTERS UNITED IN HEALTH**  
An initiative for breast health information.

## 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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## **News and Press Releases**

### **Program Highlights**

#### **Stewards of the Ties That Bind Society Together**

An article from the Farmingdale Observer highlights The Adelphi School of Social Work which is commemorating its seventh decade.



[Click here](#) to read the article

**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 January birthday**

Christina D.  
Reva R.  
Arlene F.  
Christa M.  
Andrea P.  
Diane S.  
Irene S.  
Catherine O.  
Sherry S.

**HAPPY  
BIRTHDAY**



## HOTLINE

Our hotline is available **365 days** a year.  
Call the Adelphi Breast Cancer Program hotline anytime at **800.877.8077**.

## SUPPORT GROUPS

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers  
online support groups on a weekly and monthly basis.

## DONATE

Help support the Adelphi Breast Cancer Program. 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.

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