

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter



**WE ARE HERE
FOR YOU
YOU ARE NOT ALONE**

February 2021

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**

The women who answer the phone at our toll-free hotline are all breast cancer survivors who have been professionally trained and are supervised by licensed social workers. Our volunteers have “been there” and are ready to offer information regarding mammography screening referrals, treatment, support services and survivorship resources. You may call as often as you wish and talk for as long as needed. We can also match you with survivors who had the same type of treatment or breast reconstruction.

- We are here to answer your questions and help you get the most current information and local resources.
- We are here to listen and support you during hard times.

You are not alone.

Support Groups

ALL SUPPORT GROUPS ARE BEING HELD ONLINE UNTIL FURTHER NOTICE.

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

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

WEEKLY GROUP

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

BI-WEEKLY GROUPS

- **Under 40, Young Women's Group**
Wednesdays (7:00 - 8:30 p.m.)
- **Support for Stage 4 Breast Cancer**
Thursdays (6:30 - 8:00 p.m.)



Support Groups for Latina Women

CAFECITO

Twice Monthly - Call Angela Papalia, LMSW at 516-877-4329

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.

Para registrarte llame a: Ángela Papalia, LMSW (516) 877-4329.

PARA NUESTRO BIENESTAR *NEW*

Thursdays at 6 pm on zoom - Call Adriana Valencia, LMSW at 516-877-4371

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.

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

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.



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.

[Click here](#) for information on future workshops or call Angela Papalia, LMSW at **516-877-4329**.

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, Pink Aid, Sientra FULL CIRCLE and the NYS Department of Health.

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

-SAVE THE DATE-



Restoring Your Spirit: A Breast Cancer Wellness Forum March 1, 2021

Details coming soon!!!

Please [click here](#) to see our forum calendar.

If you have missed any of our past forums, please visit our [YouTube](#) channel to watch the videos.

Our 2021 forums are sponsored by

The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer and
The Mother Cabrini Health Foundation.

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.

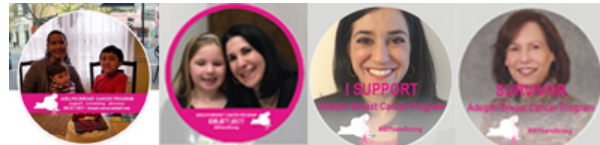


SISTERS UNITED IN HEALTH
An initiative for breast health information.

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 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.

Learn how you can setup your own facebook fundraiser to benefit the Adelphi Breast Cancer Program.

[Click here](#) to watch a video with step by step instructions.

Updates

-New- Renovated and Expanded Ruth S. Harley University Center

The **Adelphi Breast Cancer Program** was invited to tour the newly renovated Adelphi University Center with **Senator Kevin Thomas**. We appreciated the opportunity to see the reimagined space and advocate for NYS funding. We look forward to returning to campus for our annual **Celebration of Survivorship**.



In the group picture from left to right are:

Joseph Battaglia, Director of Project Management and Assistant Vice President Project Management at Adelphi University

Jim Perino, Executive Vice President of Finance and Administration at Adelphi University

Senator Kevin Thomas

Maggie Yoon, Associate Vice President of External Relations & Chief of Staff at Adelphi University

Reyna Machado, Director of the Adelphi Breast Cancer Program



Renovated and Expanded Ruth S. Harley University Center

News and Press Releases

Program Highlights

Free Support Group for Spanish-speaking Women with Breast Cancer – Thursdays at 6 pm on zoom

Para Nuestro Bienestar is an on-line support group for newly diagnosed Spanish-speaking women, providing a space of friendship and support.

[Click here](#) to read the article



Zoom Breast Cancer Support Groups

Women coping with breast cancer can join Zoom support groups facilitated by the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

[Click here](#) to read the article

READ MORE

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 February birthday

Sherry S.
Randee C.
Merna S.
Trisha M.



**HAPPY
BIRTHDAY**

DONATE

[Click here](#) to 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 there for the breast cancer community.

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.

Kat's Ribbon of Hope

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

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