

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter

**SOCIAL WORKERS
ARE ESSENTIAL**

**March 2021 is
Social Work Month**



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**

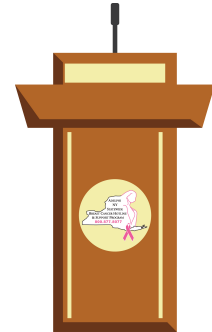
The women who answer the phone at our toll-free hotline are all breast cancer survivors who have been professionally trained and are supervised by licensed social workers. Our volunteers have “been there” and are ready to offer information regarding mammography screening referrals, treatment, support 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.

Forums

**LAST CHANCE - [REGISTER NOW](#)
FOR TODAY'S ONLINE FORUM**



**Restoring Your Spirit: A Breast Cancer Wellness Forum
March 1, 2021
4:00 - 5:30 pm on ZOOM**

Once registered you will receive the zoom link in your confirmation email.

REGISTRATION: Join us for an invigorating chat with three experts who will discuss ways to nurture our spirits using nutrition, reiki and healthy recipes. Our seasoned Nutritionist, Reiki master and professional Chef will explore how we can care for ourselves using these different modalities. [Register online](#) to join us for this exciting event!

SPEAKERS: [click here](#) to read their full bios



Tina Conroy, E-RYT, RMT

Director of Energy Healing and Reiki Master, Center for Wellness and Integrative Medicine



Laura Glenz, RD, CSO, CDN

Registered Dietician, Monter Cancer Center



Marisol Peralta
Pastry Chef, Baking Life Sweetener

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.

One Day To Give - 03.31.21
adelphi.edu/givingday/breastcancerhotline

		<p>SOCIAL WORKERS ARE ESSENTIAL</p> <p>♥</p> <p>March is Social Work Month join us in celebrating our amazing social workers by making a donation today.</p>	 <p>One day to give.</p> <p>ADELPHI UNIVERSITY GIVING DAY 03.31.21</p>
			

adelphi.edu/givingday/breastcancerhotline

#Give4Adelphi

If you or a loved one is diagnosed with breast cancer you are not alone because of the social workers at the **Adelphi NY Statewide Breast Cancer Hotline and Support Program**. Recognize and celebrate our staff during Social Work Month by making a donation today. **Giving Day is March 31, 2021** -- this is *your* One Day to Give.

Without our social workers, we would be unable to support the breast cancer community. Our social work staff is asking for your **support** so we can **continue** to provide the hotline 365 days a year, licensed social work services (in English and Spanish), patient navigation, and educational events for the breast cancer community. All of our services are completely free and confidential.

Support the **Adelphi Breast Cancer Program** with a **tax-deductible** contribution. Every dollar counts and will go towards the following:

- **\$50** for a follow up phone call from a social worker to a hotline caller
- **\$100** for facilitating a breast cancer support group session
- **\$200** for an individual counseling session with a licensed social worker

Make a gift **online**, or by **mail** to the Adelphi Breast Cancer Program. After making your donation **share** this campaign with family and friends to help us reach our goal. We are here for them and hope you will be here for us.

Please mail your donation to:

The Adelphi NY Statewide Breast Cancer Hotline & Support Program

c/o Office of University Advancement

1 South Avenue

P.O. Box 701

Garden City, NY 11530-0701

Attn: Giving Day

Please note on your check that the donation is for our Giving Day campaign.

The CARES Act has been extended and allows all taxpayers – whether or not you itemize – to take a charitable deduction of up to \$300 and \$600 for married joint-filing couples in 2021. Imagine the difference your gift will make to someone coping with breast cancer.

For more information, visit <http://plannedgiving/adelphi.edu/cares-act>.

Support Groups

ALL SUPPORT GROUPS ARE BEING HELD ONLINE UNTIL FURTHER NOTICE.

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

[Click here](#) to download our support group postcard.

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.**

New Beginnings - An Online Art Therapy Workshop

This online workshop will accommodate only **20 members**. You must register to attend the workshops and all members must commit to attending the entire 4-week session.

Our Art Therapy workshops are open to people dealing with a breast cancer diagnosis, survivors and/or caregivers.

WORKSHOP DATES (Tuesdays):
April 6, April 13, April 20 and April 27, 2021.



WORKSHOP TIMES:

10:00 a.m. – 11:30 a.m.

This empowering workshop will focus on **New Beginnings**. Learn how to let go of the past, focus on the present and embrace the future. 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.

Throughout (4) weeks, we will have discussions, learn techniques and exercises focusing on happiness, gratitude, music's impact on our emotions and mindfulness. Special guest, **Mrs. Carol Ng**, a certified music educator for over 38 years will be joining us.

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.

HOW TO REGISTER:

For information and to register, 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, 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

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
In Spanish for breast health
HERMANAS UNIDAS EN LA SALUD
In Spanish for breast health

We provide a variety of **NO COST** health workshops designed to educate and empower our community.

Our workshops are:

- Evidence-based
- Tailored for the audience
- Available in Spanish
- Conducted on-site or remotely

For more information please contact Adelphi Mednet at 348.372.4331 or e-mail adnc@adelphi.edu

My breasts, My Health
Did you know that you can reduce your risk, what you can do to detect it early, exercise and more.

Self-Love & Self-Care
Did you know the difference about how being confident in the way you look can help you feel more confident and happy.

Food for Life
Did you know the right food can help you feel more confident and happy.

More than love is in the air
Explore the connection between our health and the environment and how you can take control of your environment.

Dress to de-stress
Reducing your stress is not an all-or-none issue. Learn simple techniques that can help you feel more confident and happy.

Coronavirus: 100 Cases and more
With so much information being shared about the virus, how do we know what to do? Join us for a free workshop.

Living Healthy
A workshop that increases participants' ability to manage a chronic condition and lead active, fulfilling lives. In person only.

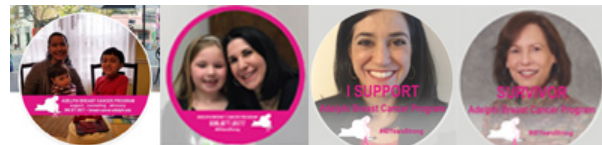


SISTERS UNITED IN HEALTH
An initiative for breast health information.

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 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.

News and Press Releases

Program Highlights

Grant to Support Underserved Breast Cancer Patients

The **Mother Cabrini Health Foundation** has renewed its commitment to support the Adelphi Breast Cancer Program, with a 2021 grant providing services to underserved women through its BEST program (Breast Education, Screening & Treatment).



[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 March birthday

Genevieve P.

Chris A.

Janet S.

Helena S.

Theresa L.

Lita C.

**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.

International Association for Social Work with Groups, 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**](https://breast-cancer.adelphi.edu)
Donate to our cause at [**breast-cancer.adelphi.edu/donate**](https://breast-cancer.adelphi.edu/donate)
