

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter

NATIONAL PUBLIC HEALTH WEEK

Building Bridges To Better Health

April 5 -11, 2021



*Photo taken prior to COVID pandemic.

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.

Thank you to everyone who helped make Giving Day 2021 a success!!!



adelphi.edu/givingday/breastcancerhotline

#Give4Adelphi

Thank you for your continued support and helping us have a successful **GIVING DAY**.

Without our social workers, we would be unable to support the breast cancer community. Your generous gift will allow us to continue providing our 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.

We are grateful to you for allowing us to make a positive difference in the lives of breast cancer patients and their families.

Support Groups

ALL SUPPORT GROUPS ARE BEING HELD ONLINE UNTIL FURTHER NOTICE.

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

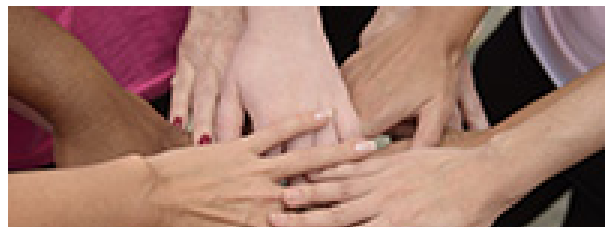
[Click here](#) to download our support group postcard.

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.

April 5 -11, 2021
National Public Health Week
Building Bridges to Better Health



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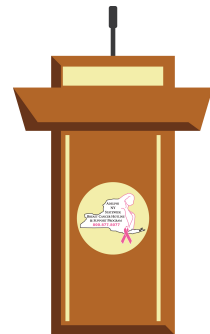
We may be physically distant from each other, but it's more important than ever to remain connected. This is why the theme for 2021 is "Building Bridges to Better Health." COVID-19 has made health and safety even more important and it has shined a light on health disparities and inequities. Sisters United In Health continues to use outreach, education, and advocacy to promote and protect the health of our communities.

Join us and [thank public health](#) for all the hard work everyone is doing to keep our communities safe. Browse our posts and share how you will say thanks using **#ThankYouPublicHealth**.

Forums

Did you miss Restoring Your Spirit: A Breast Cancer Wellness Forum?

[Click here](#) to watch the video.



On March 1, 2021 we hosted **Restoring Your Spirit: A Breast Cancer Wellness Forum**. We had an invigorating chat with three experts who discussed ways to nurture our spirits using nutrition, reiki and healthy recipes. Our seasoned Nutritionist, Reiki master and professional Chef explored how we can care for ourselves using these different modalities.

SPEAKERS:

Tina Conroy, E-RYT, RMT

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

Laura Glenz, RD, CSO, CDN

Registered Dietician
Northwell Health, Monter Cancer Center

Marisol Peralta

Pastry Chef, Baking Life Sweeter

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

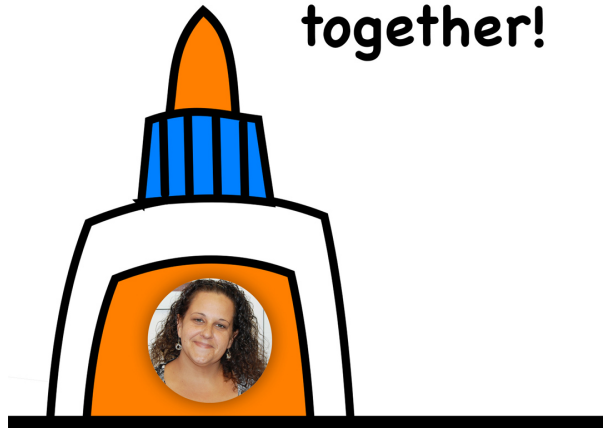
Our 2021 forums are sponsored by

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

Happy Administrative Professionals' Day 2021

April 21, 2021

thanks
for holding us all
together!



We would like to say thank you to our incredible Administrative Assistant, **Michelle Lamberson**. Our success is a reflection of your hard work and dedication.

We are all grateful to have you as part of our team!

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
En español para la salud de 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
Angelika Medina at 516-877-4331
or e-mail angelika@adphli.edu

My breasts, My Health
The more you know about breast cancer, how to reduce your risk, what you can do to detect it early, resources and more.

Self-Love & Self-Care
An interactive discussion about how being cancer-free is the key to a happy and healthy life.

Food for Life
Learn about the effects 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
Reducing your stress and we all can learn. Learn simple techniques that can help you feel more calm and relaxed.

Coronavirus: 100 Cures and more
Get the most information being shared about the virus. Are we there yet? How or when? This can help!

Living Healthy
A program that can increase participants' ability to manage chronic conditions and lead active, fulfilling lives. In person only.



SISTERS UNITED IN HEALTH
An initiative for breast health information.

Aware For All - Northeast

Learn about clinical trial and how they work

Join the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** at the **AWARE for All** – Northeast virtual and interactive event that offers an informative webinar, educational resources, easy-to-read information on what it means to participate in a clinical trial, a 5 minute health exercise, and an Informational Exhibit Center.

Thursday, April 15th, 4:30-6:00pm EDT.

[Click Here](#) to Register

AWARE *for* ALL

NORTHEAST

Learn about clinical trials and how they work

THURSDAY, APRIL 15TH | 4:30-6PM EDT

Live Webinar & Informational Exhibit Center



Hear from patients, researchers, and health professionals



Participate in health exercises



Visit exhibits from local health and wellness organizations



REGISTER TODAY

To learn more, visit awareforall.org
or call 1-877-633-4376 toll free

Speakers will discuss what to expect from a clinical trial
and the importance of participating.



BROUGHT TO YOU BY  **CISCRP** IN COLLABORATION WITH

 **AWARE**
INDUSTRY
CONSORTIUM

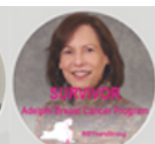
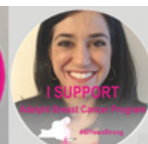
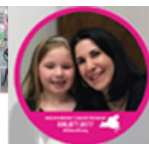


Facebook

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.

As seen on Social Media

Congratulations to our wonderful volunteer Jeannie Rettura on receiving a **Woman of Distinction Proclamation** from Assemblywoman Kimberly Jean-Pierre, 11 District on March 13th.



Jeannie Rettura has been an educator for more than three decades and has been a dedicated volunteer for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** since 1992. She earned a master's degree in Spanish education, and taught Spanish for 30 years at Walter G. O'Connell Copiague High School where served as a mentor to numerous students. Jeannie also served as the high school Spanish Club advisor for more than 20 years, where she and the club members spread holiday cheer to school staff, as well as to community members at the A.C.E. Center in Amityville and at Good Samaritan Hospital Medical Center in West Islip.

Jeannie, who is celebrating her 35th year as a breast cancer survivor, has held bilingual workshops to raise awareness and help those in recovery at libraries and churches throughout Long Island, as well as in Brooklyn, Queens and Manhattan. She has hosted bowl-a-thons to fundraise for breast cancer research and helped Long Island residents without insurance access free or low-cost mammograms. Jean continues to educate our youth as a home instructor for the Harbor Fields Central School District and remains committed to supporting breast cancer patients, survivors and their families across Long Island. **CONGRATULATIONS!**



Click below to read more news from the Adelphi Breast Cancer Program.

[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.

Do you have breast cancer or are you a survivor? Do you live in Nassau County, NY?

Students from Molloy College are conducting a research project. This study plans to examine the connection between breast cancer diagnosis and treatment in relation to COVID-19.

If you currently have Breast Cancer are a Survivor or are in Remission, we invite you to participate in an anonymous 5 -15 minute survey about your experience with Breast Cancer during COVID-19.

Why Complete The Survey? Your responses will help the scientific community improve breast cancer care during the COVID-19 Pandemic?

PLEASE CLICK THE APPROPRIATE SURVEY LINK BELOW

Patients/Currently Undergoing Treatment: <https://forms.gle/xPveAXvtEGESZS3M7>

In Remission: <https://forms.gle/22vmcWo37XWEQqok7>

If you have any questions, please email molloyresearch2021@gmail.com



Mastectomy Patient Survey

The following research study is being conducted by Sophia R., a High School student from Long Island regarding Mastectomy Patients.

This survey is designed to gain a greater understanding of the impact of a mastectomy surgery on one's occupation, relationships, and mental health. This research is to determine if female mastectomy patients develop Body Dysmorphic Disorder as a result of their surgery.

PLEASE CLICK THE SURVEY LINK BELOW

<https://docs.google.com/forms/u/1/d/1hZ1E50tQzkCMXrRLHEqnrZFECamyDtJ7NcfraIw4Ec/edit>

If you have any questions, please email: Apapalia@adelphi.edu

Happy Birthday

To all our volunteers with a April birthday

Alice S.
Jeff F.
Judith P.



Deborah H.
Julie N.
Patricia E.

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**
Donate to our cause at **breast-cancer.adelphi.edu/donate**
