

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - May 2021

*Be
Good
— to —
yourself*



You're worth it!

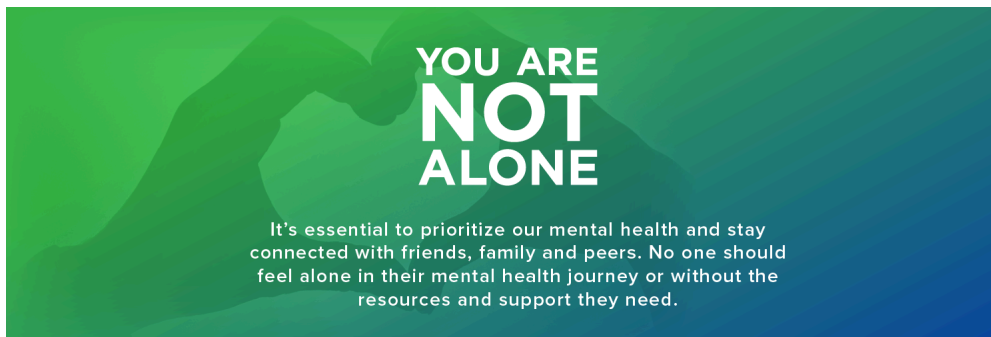
Our Spring Ad Campaign

Be Good To Yourself...Your worth it,
focuses on urging women not to neglect their
own health during these difficult times.

We have attached the ad in both English and Spanish as a PDF
please feel free to share our ad on your social media accounts.

May is Mental Health Awareness Month

You are not Alone



Our Social Workers help to empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, our Social Workers help people to find strength in coping with some of life's greatest challenges. Individual and family counseling is provided by

licensed social workers and masters level social work interns. Individual telephone counseling is available statewide along with counseling in English and Spanish. Learn more about how our social workers can help. [Click here](#) to meet our amazing team.

All services are free and confidential.

Call us at: 1.800.877.8077. Our licensed Social Workers, and trained volunteers are here to help. Mental health matters; you are not alone.

Congratulations to Alida Rubenstein

After 8 years our Hotline and Volunteer Coordinator will be retiring.



Alida has been an integral part of our Adelphi family. She has expanded our volunteer program, built relationships with local hospitals and organized successful fundraising events. She accomplished all of this while answering hundreds of calls and providing counseling to Hotline callers. Through the years, Alida has touched the hearts and lives of countless individuals and their families. Alida consistently provides support and often, laughter. She is always ready with a listening ear, gentle words and a reassuring tone. We will miss her dearly but will soak in every minute until she officially retires on June 1, 2021.

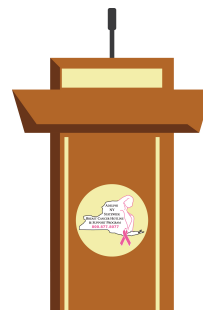
Congratulations Alida wishing you all the best in this new chapter of your life!

Forums

Breast Reconstruction after Mastectomy:

An informative workshop on your options, what to expect, and the questions you should be asking as you prepare to make your decision.

This presentation will be held in Spanish.





Date: Tuesday, June 15, 2021

Time: 4:00 pm - 5:00 pm on zoom

Speaker: Dr. David Mattos, MD, MBA
Long Island Plastic Surgical Group, PC

[Click here](#) for more information and to register for this event.

Breakthroughs in Breast Cancer Clinical Trials and Research

Join us for an exciting and informative presentation by Dr. Alison Stopeck MD, Chief of the Division of Hematology Oncology and Associate Director for Translational Research at the Stony Brook Cancer Center.



Date: Monday, June 21, 2021

Time: 4:00 pm - 5:00 pm on zoom

Speaker: Dr. Alison Stopeck MD

Chief of the Division of Hematology Oncology and Associate Director for Translational Research at the Stony Brook Cancer Center

[Click here](#) for more information and to register for this event.

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.

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.

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
It's sisters. It's breast health.
HERMANAS UNIDAS EN LA SALUD
It's sisters. It's breast health.

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:
Angela Medina at 516-977-4331
or e-mail amedina@slhinfo.org

My breasts. My Health
Do breast exams, avoid breast cancer, how to reduce your risk, what you can do to detect it early, resources and more.

Self-Love & Self-Care
Get information about how to love yourself in the best way to a happy and healthy life.

Feed for Life
Learn about the diet 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 ways you can take personal responses.

Dress to de-stress
Reducing our stress is what we all can do. Learn simple techniques that can help you feel more calm and relaxed.

Coronavirus: 100 Cares and more
Get research information being shared about the virus, how do we know what to do about the virus?

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



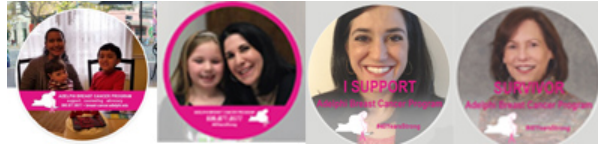


SISTERS UNITED IN HEALTH
An initiative for breast health information.

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.

As seen on Social Media

KATS'S RIBBON OF HOPE SPOTLIGHT

Updates from the Frontline:

A Closer Look at Patient Navigation during the COVID-19 Pandemic

Written by Angela Papalia LMSW,
Assistant Director of the Adelphi Breast Cancer Program

[Click here](#) to read the full article

Adelphi NY Statewide Breast Cancer Hotline & Support Patient Navigators



Angela Papalia, LMSW
Assistant Director

Adriana Valencia, LMSW
Bilingual Social Worker

Lois Goetz, LMSW, ACSW
Bilingual Social Worker

Updates from the Frontline: A Closer Look at Patient Navigation During the COVID-19 Pandemic

Written by: Angela Papalia LMSW, Assistant Director of the Adelphi NYS Breast Cancer Program

News and Press Releases

Program Highlights



Be Good To Yourself...You're Worth It

Many women have not received their annual mammogram, we are encouraging them to move forward with this life-saving health screening.

[Click here](#) to read the sample news release for our Spring campaign.

La Reconstrucción del Seno Después del la Mastectomía

Breast Reconstruction After Mastectomy: An informative workshop on your options, what to expect, and the questions you should be asking as you prepare to make your decision.

(Workshop to be held in Spanish)

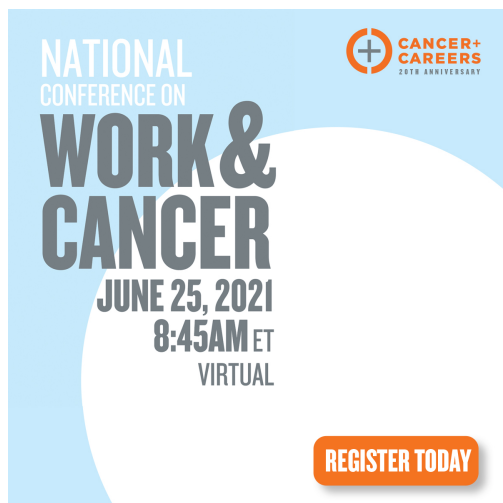
[Click here](#) to read the press release (in spanish)

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

[READ MORE](#)

Cancer & Careers

11th Annual National Conference on Work & Cancer



The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is pleased to partner with **Cancer and Careers on the 11th annual National Conference on Work & Cancer**, being held virtually on **Friday, June 25, 2021!**

This **FREE** virtual event will explore the complexities working people face as they try to balance their cancer treatment and recovery with employment. Topics will include job search, legal issues, working during treatment, managing stress and more. CEUs/PDCs will be offered for nurses, social workers and HR professionals.

For more details or to register, please visit www.cancerandcareers.org/conference.

Research Opportunities

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



ANY QUESTIONS EMAIL:
MolloyResearch2021@gmail.com

BREAST CANCER

DO YOU HAVE BREAST CANCER OR ARE YOU A SURVIVOR?
DO YOU LIVE IN NASSAU COUNTY, NY?

If you currently have Breast Cancer OR are a Survivor OR in Remission, WE invite you to participate in an ANONYMOUS 5-15 minute survey about YOUR EXPERIENCE with Breast Cancer during COVID-19.

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

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

WHY COMPLETE THE SURVEY?
YOUR RESPONSES WILL HELP THE SCIENTIFIC COMMUNITY IMPROVE BREAST CANCER CARE DURING THE COVID-19 PANDEMIC!!

AS STUDENTS OF MOLLOY COLLEGE, WE THANK YOU!

Coronavirus
(COVID-19)

Happy Birthday

To all our volunteers with a May birthday

Cindy F.
Lydia C.
Diane K.
Myra T.
Barbara B.
Marcie R.
Kathe O.

**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

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