

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - June 2021

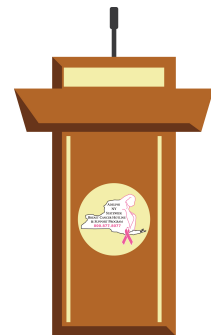


Celebrate National Cancer Survivors Day®
Sunday, June 6, 2021 • NCSD.org

Forums - REGISTER TODAY!

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

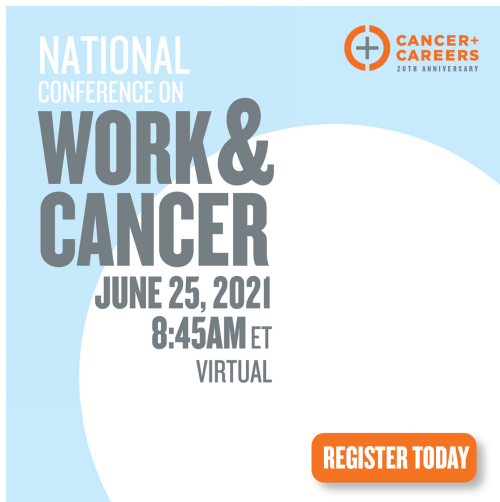
[Click here](#) for more information and to register for this event.

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.

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.

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.

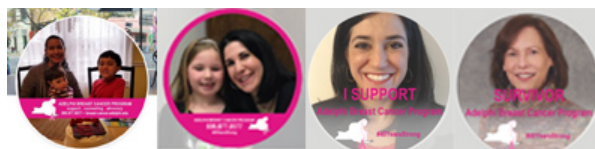


SISTERS UNITED IN HEALTH
An initiative for breast health information.

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.

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

Program Highlights

On zoom, our team celebrated Lois Goetz for 15 years of hard work and dedication to the Adelphi Breast Cancer Program. **THANK YOU!**



On **May 20, 2021** our very own Angelica Medina, MA, MCHES and Adriana Valencia, LMSW facilitated a Spanish workshop. This workshop focused on **Stress Management and Self-Care**. They discussed the close-knit relationship between self-care, and physical, emotional, and mental health. They explored different scientifically proven simple ways to make self-care part of our daily lives. This workshop was sponsored by the Mother Cabrini Health Foundation.



SISTERS UNITED IN HEALTH
An initiative for breast health
HERMANAS UNIDAS EN LA SALUD
Una iniciativa para la salud del seno.

Te invitan a

CUIDARSE ES QUERERSE:
Como manejar el estrés y practicar el autocuidado



FECHA: Jueves, 20 de Mayo, 2021

HORA: 6:00pm – 7:30pm

LUGAR:
Zoom: <https://adelphi-hipa.zoom.us/j/98200728100>
Meeting ID: 982 0072 8100
Facebook Live: @SistersUnitedInHealth

PANELISTAS: Esta charla será realizada COMPLETAMENTE EN ESPAÑOL por **Angélica Medina, MA, MCHES** y **Adriana Valencia, LMSW** del Adelphi Breast Cancer Program.

El autocuidado es un tema de moda en el manejo del estrés. Ahora mas que nunca el autocuidado no es un lujo, es toda una necesidad. ¿Pero en que consiste el autocuidado, como ayuda con el estrés y a mejorar la salud? Descubrello en este taller en donde hablaremos de la importancia de practicar el autocuidado y exploraremos varias técnicas fáciles y científicamente comprobadas en el manejo del estrés y que ayudan a promover nuestra salud y bienestar.

Esta charla será realizada completamente en español por Angélica Medina, MA, MCHES y Adriana Valencia, LMSW del Adelphi Breast Cancer Program y con información sobre recursos y apoyo para las personas afectadas por el Covid-19 cortesía de Project Hope.

Para preguntas o más información,
llama o envía un WhatsApp a Angélica Medina al 516.877.4331



breast-cancer.adelphi.edu
Este taller es patrocinado por la Fundación Mother Cabrini Health Foundation.

June 6, 2021 is **NATIONAL CANCER SURVIVORS DAY**. You can celebrate this day by posting on your social media account and using the hashtag **#NCSD2021**.

**NATIONAL CANCER
SURVIVORS DAY®**
IS A DAY TO RECOGNIZE CANCER
SURVIVORS, TO BRING ATTENTION
TO THE ONGOING CHALLENGES
CANCER SURVIVORS FACE, AND
TO **CELEBRATE LIFE.**



CELEBRATE NATIONAL CANCER SURVIVORS DAY ON JUNE 6, 2021 | [NCSD.ORG](https://ncsd.org)

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

READ MORE

Research Opportunities

Research Study by Stony Brook Medicine - Cancer Center to Reduce Breast Density

You may qualify for a new research study if you have been told you have dense breasts and you are postmenopausal. Study procedures and medication will be at no cost. For more information, call (631) 638-0815 or email pushpa.talanki@stonybrook.edu. Please [click here](#) to see the brochure for more details.

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



Happy Birthday

To all our volunteers with a June birthday

Rosalind C.
Patricia N.

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