

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - July 2021



Breast Reconstruction After a Mastectomy (Video in Spanish)

We are excited to share a Spanish language video regarding breast reconstruction funded by a grant from the Plastic Surgery Foundation.

Reconstrucción de seno después de una mastectomía

Charla con La Dra. Irena Karanetz sobre la Reconstrucción del Seno

Nos complace compartir un video sobre la reconstrucción mamaria, posible por la generosa ayuda de la fundación, The Plastic Surgery Foundation. Este video presenta a la Dra. Irena Karanetz de Long Island Plastic Surgical Group y Adriana Valencia, LMSW, nuestra trabajadora social bilingue. La reconstrucción mamaria es una decisión personal que está disponible a pacientes después de su cirugía de cáncer del seno.



<https://youtu.be/QqK4zDGooik>

Breast Reconstruction After a Mastectomy (Video in English)



We are excited to share a video regarding breast reconstruction funded by a grant from the **Plastic Surgery Foundation**. This video features Advisory Board Member, Dr. Ron Israeli of **Aesthetic Plastic Surgery, PC** and Lois Goetz, LMSW, our Bilingual Social Worker. Reconstruction is a personal decision and is available for anyone following breast cancer surgery.

[Click here](#) to watch the video

Program Updates

Welcome to our new Volunteer & Hotline Coordinator

On Monday, June 28th we welcomed **Nina Foley** to our staff. Nina is our new Volunteer & Hotline Coordinator. She is a seasoned, Licensed Master Social Worker with a diverse clinical background. Most recently, Nina has been working as the Coordinator of Group Work Services and Child Counselor at the Safe Center LI, a prestigious Social Services agency dedicated to assisting and empowering victims of family violence and sexual assault. Nina also works at a private practice in Roslyn Heights, providing individual and family therapy. An Alumna of Adelphi University's School of Social Work, from 2017-2018, Nina completed an internship at the Adelphi Breast Cancer Program, where she worked with individual clients and facilitated support groups. Nina brings a wealth of experience working with volunteers, as she worked with Nassau County's Habitat for Humanity for over a decade, held the position of Chair with the Parent-Quaker Life Committee at Friends Academy, and was a Board of Trustees member for the Westbury Friends School, among many other roles. **Welcome to the team Nina!**



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**](mailto: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
In Spanish for breast health
HERMANAS UNIDAS EN LA SALUD
En español para la salud del 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 Angelica Medina at 316-977-4331 or email angelica@suhealth.org

My breasts, My Health
The myths and truths about breast cancer: how to reduce your risk, what you can do about it early, symptoms and more.

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

Food for Life
Learn about the effects of food on our health and which 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 to avoid exposure.

Dress to de-stress
Dressing your mind as well as all can learn. Learn simple techniques that can help you feel more calm and relaxed.

Coronavirus: 100 Cures and more
100 fun facts and more! Learn about the virus, how do we know what's true or false? We 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.

National Simplicity Day - July 12, 2021

For many of us, July marks a month filled with busy weekends and activities under the hot July sun. However, did you know that in addition to celebrating our nation's independence day, July is home to **National Simplicity Day on July 12th**? The day seeks to honor the life and work of author and poet Henry David Thoreau, who strongly advocated for living a life of simplicity.

Between work and personal engagements, social media, and non-stop access to information through every kind of gadget imaginable, living a life of simplicity may seem unattainable. Yet, Henry David Thoreau may have been on to something. Slowing down, enjoying life's simpler moments, and getting outdoors may help increase our mood and help distress us.

So what can you do this July 12th and moving forward to help simplify your life and reap the



benefits? The author Tywanquila Walker from the blog Order Your Life, offers the following advice:

Take some time to reflect and ask yourself:

- What areas in my life are causing me stress?
- Are there habits that I regularly partake in that I can eliminate to help simplify my life?
- Are there thoughts that are preventing me from enjoying my life?

Five ideas to help you get started:

- Practice saying no. It is okay to say no to demands or requests that may pose a burden. Be intentional in what you say yes to.
- Treat yourself to a distressing activity you enjoy. Get some outdoor time in, listen to your favorite song, or get to the book that has been sitting on your nightstand.
- Take a break from social media and unsubscribe from mailing lists you never use.
- Begin to declutter your home. For the month of July, commit to throw away, give away or donate one item a day.
- Mediate for 15 minutes a day. Take some time to reflect and be present.

How will you celebrate National Simplicity Day and start simplifying your life?

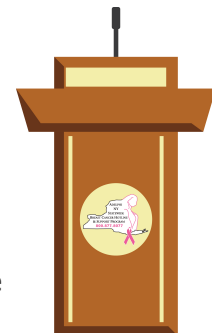
Upcoming Forum (to be held in Spanish)

Managing your Lymphedema with Movement

Lymphedema is a common side effect that can affect a cancer survivor months or even years after treatments (such as surgery or radiation therapy). As part of the circulatory system, lymphatic organs perform many functions in the body, including fluid balance and immunity. Learn how to manage lymphedema and its symptoms with movement.

Maneje su Linfedema con Movimiento

El linfedema es un efecto secundario común que puede afectar a un sobreviviente de cáncer meses o incluso años después de los tratamientos (la cirugía o la radioterapia). Como parte del sistema circulatorio, los órganos linfáticos desempeñan muchas funciones en el cuerpo, incluido el equilibrio de líquidos y la inmunidad. Aprenda a controlar el linfedema y sus síntomas con movimiento.



**This workshop will be held in Spanish.
La presentación se llevará a cabo en español.**

Date: August 3, 2021 (**Fecha:** agosto 3, 2021)

Time: 4 pm (**Hora:** 4 pm)

Platform: ZOOM (**Plataforma:** ZOOM)

Speaker: (Presentadora:)



Ana Leon Bella

Moving For Life Certified Instructor, MLFCI
MLFCI Faculty/Administrative Associate



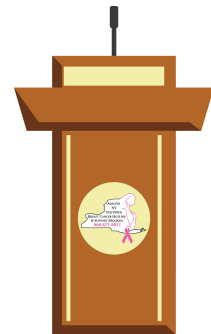
[Click here](#) for more information and to register for this forum.
([Regístrese](#) en línea para este foro.)

Did you miss our June Forum?

Breast Reconstruction after Mastectomy:

On June 15, 2021 we held an informative workshop focusing on your options, what to expect, and the questions you should be asking as you prepare to make your decision. ***This presentation was held in Spanish.***

[Click here](#) to watch the video



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 and Northwell Health Cancer Institute.

In The News

Breast-Cancer Pill Reduced Recurrence, Death in Early-Stage Patients, Study Finds

The Wall Street Journal says AstraZeneca's drug Lynparza cut combined risk of recurrence of breast cancer or death by 42% among women in study.



[Click here](#) to read the article

Long Islanders with weakened immune systems still wary of COVID-19

A recent **Newsday** article discusses how LIers with weakened immune systems are still wary of COVID-19. Anne Hogan, a volunteer with the Adelphi Breast Cancer Program was interviewed.

[Click here](#) to read the article

Research Opportunitites

The STOP breast cancer clinical trial – Stony Brook Medicine Are you Postmenopausal? Do you have Dense Breasts?

Research suggests that women with dense breasts are more likely to develop breast cancer. This study will test if anti-inflammatory drugs are able to reduce breast density and help us understand why breast density is linked to breast cancer development. This study is sponsored by the National Cancer Institute.

If interested, please contact us at **(631) SB-Trial** (728-7425) or CancerClinicalTrials@stonybrookmedicine.edu

Please [click here](#) to see the flyer.

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 July birthday

Terrilyn D.
Elizabeth V.
Evelyn F.
Eileen E.
Anne H.
Marge F.

**HAPPY
BIRTHDAY**

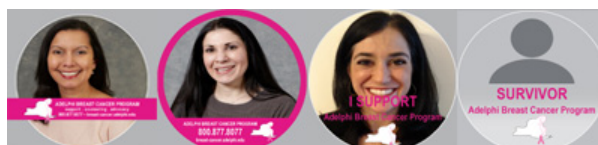
DONATE

[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.

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.

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

Northwell Health Cancer Institute

Pink Aid

Plastic Surgery Foundation

Pritchard Charitable Trust

Sientra Full Circle
