August is National Wellness Month

For National Wellness Month, focus on self-care, managing stress and promoting healthy routines. Create good habits in your lifestyle and see how much better you will feel!

Enjoy videos from our program's wellness forums on our YouTube channel.

- Restoring Your Spirit: A Breast Cancer Wellness Forum
- Deep Breathing, Meditation and Soundbath with Veronica Beltran
- Paths to Wellness Self Care and Positive Mantras with Jennifer Velasquez
- Gentle Movement/Chair Pilates with Naomi Aaronson
- Nutritious Pantry Cooking at home with Kristen Link
- Meditation, Mindfulness and Gong Meditation

Register Today!!!
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
MFLCI Faculty/Administrative Associate

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

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,
The Mother Cabrini Health Foundation and Northwell Health Cancer Institute.

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.

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**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](https://www.facebook.com/SUinHealth) facebook page.

[Click here](https://www.sistersunitedinhealth.org/) for more information or call Sisters United in Health at 800.559.6348.

[Download](https://www.sistersunitedinhealth.org/) the Sisters United in Health workshop flyer.
Adelphi Breast Cancer Program Receives Grant from Northwell Health
The Adelphi NY Statewide Breast Cancer Hotline and Support Program has received a $25,000 grant from Northwell Health Cancer Institute to provide services to medically underserved breast cancer patients.

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

Welcome Nina Foley the new Volunteer and Hotline Coordinator
Nina Foley of Sea Cliff is the new Volunteer and Hotline Coordinator at the Adelphi NY Statewide Breast Cancer Hotline & Support Program. In that capacity she provides guidance and support to the 62 volunteers—all women and men who are breast cancer survivors now helping others as they cope with the disease.

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

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Research Opportunities

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.

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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](https://forms.gle/xPveAXvtEGESZS3M7)
- In Remission: [https://forms.gle/22vmcWo37XWEQgok7](https://forms.gle/22vmcWo37XWEQgok7)

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

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**Happy Birthday**
To all our volunteers with an August birthday
Janet F.
Narges R.
Robin H.
Debbie L.
Catherine M.

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**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