

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - August 2021



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.

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
HERMANAS UNIDAS EN LA SALUD
Una iniciativa por 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

My breasts, My Health
Discover and learn about breast cancer, how to reduce your risk, what you can do to detect it early, treatment and more.

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

Food for Life
Learn about the impact 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 make personal changes.

Dress to de-stress
Reducing our stress is vital to all our lives. 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.

For more information please contact:
Adriana Valencia at (516) 877-4371
or e-mail adriana@sluhealth.org



SISTERS UNITED IN HEALTH
An initiative for breast health information.

News and Press Releases

Program Highlights



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.

READ MORE

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.

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 an August birthday

Janet F.

Narges R.

Robin H.

Debbie L.

Catherine M.

**HAPPY
BIRTHDAY**

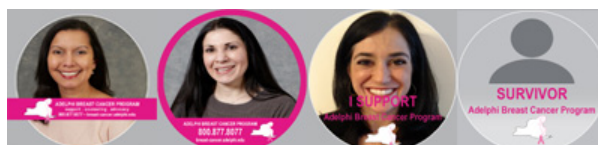
DONATE

[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
