

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - October 2021



October is Breast Cancer Awareness Month

It has been over a year since COVID-19 made its mark on our nation, and we became faced with a global pandemic. This October, things are looking brighter and we are excited for the prospect of **NEW BEGINNINGS**. Here at the Adelphi NY Statewide Breast Cancer Program we are sharing this message through our annual **Breast Cancer Awareness Campaign**.

Please share our October **"New Beginnings"** ad campaign with your friends and family and on your social media pages. Below you will find links to download our ad in English and Spanish.

As always, we are here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. Thank you for your continued support of the Adelphi NY Statewide Breast Cancer Hotline & Support Program: **800-877-8077**.



[Click here](#) to download a PDF of our ad in English

[Click here](#) to download a PDF of our ad in Spanish

Upcoming Forums

[Click here](#) for more information on upcoming forums.

Surviving Cancer:

Empower Yourself with Nutrition and Healthy Lifestyle

The "Surviving Cancer: Empower Yourself with Nutrition and Healthy Lifestyle" forum will provide important information to empower patients to take hold of their health post-covid. (screenings, prevention, vaccines, etc.)



THERE IS STILL TIME TO REGISTER TODAY'S FORUM!!!

Date: October 1, 2021

Time: 12:00 pm - 1 pm

Platform: ZOOM and [Facebook](#)

Speaker:

Dr. Heather Zinkin, Radiation Oncologist, [Northwell Health](#)

[Click here](#) to register for this forum and learn more about our speaker.

Breast-Relief - A Systematic Approach to Post-Mastectomy Pain

This forum will discuss ways to address chronic pain following a mastectomy.



Date: November 15, 2021

Time: 4 - 5:15 pm

Platform: ZOOM

Speakers:

Jonathan Bank, MD, FACS, NYBRA Plastic Surgery

David Rosenblum, MD, AABP Integrative Pain Management

Diana Tjaden, PT, DPT, IVY Rehab Physical Therapy (Full Circle Breast Cancer Recovery)

[Click here](#) to register for this forum and learn more about our speakers.

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.

CELEBRATION OF SURVIVORSHIP - October 13, 2021

Register today for this online event

[CLICK HERE TO REGISTER](#)

Join us



Date: Wednesday, October 13, 2021

Time: 6:00 - 7:00 p.m.

Location: Event to be held on ZOOM

Questions: Email us at breastcancerhotline@adelphi.edu
Call us at (516) 877-4320

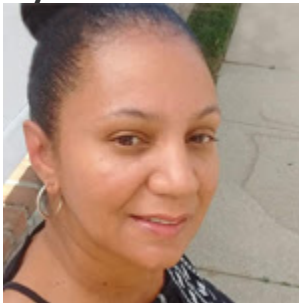
[Click Here](#) to Register

SPEAKERS FOR THE EVENING

[Click Here](#) to read their bios.

ARLETTE HAGANS

4-year breast cancer survivor



LUISA JEFFERSON

7-year breast cancer survivor



JULIE BICKAR NAPPI

3-year breast cancer survivor and volunteer



***listed in alphabetical order**

Karen Kostroff, M.D., FACS

**LONG ISLAND
PLASTIC SURGICAL
GROUP, PC**

NYBRA
PLASTIC SURGERY

Drive-In Movie Night Fundraiser, October 22, 2021

To benefit the Adelphi Breast Cancer Program sponsored by
Adelphi Student Activities Board.



Date: Friday, October 22, 2021

Time: 6:30

Location: Adelphi University
One South Avenue
Garden City, NY 11530
*Movie to be shown in parking lot 5

Questions: Email us at breastcancerhotline@adelphi.edu
Call us at (516) 877-4320

Tickets must be purchased in advance.
Concessions will be available for purchase the day of the event.

General Admission Ticket: \$40.00

***Ticket prices are per car.**

TICKETS

Nickelodeon t-shirts will be provided to the first 150 people who attend.
T-shirts will be sizes L and XL. While supplies last.

BECOME AN EVENT SPONSOR: [Click Here](#)

"EXECUTIVE PRODUCER" \$5,000

- Logo printed on a label to be placed on popcorn and/or candy sold at the event.
- Large logo displayed on signage (A-frame) the day of the event.
- Prominent large logo displayed on screen during the pre-film slide show.
- Full-color large logo displayed on the event webpage with link to company website.
- Social media promotion with tags, posts, mentions **(3x week)**.
***3x a week after receiving sponsorship payment until the date of the event.**
- Logo and name to be listed in press releases.
- Logo to be added to promotional materials.
***Promotional materials will contain your logo after receiving sponsorship payment.**
- Includes entry for up to (2 vehicles). ***All cars/guests must pre-register**

"DIRECTOR" \$2,500

- Medium sized logo displayed on signage (A-frame) the day of the event.
- Medium sized logo displayed on screen during the pre-film slide show.
- Medium sized logo displayed on the event webpage with link to company website.
- Social media promotion with tags, posts, mentions **(2x week)**.
***2x a week after receiving sponsorship payment until the date of the event.**
- Logo and name to be listed in press releases.
- Logo to be added to promotional materials.
***Promotional materials will contain your logo after receiving sponsorship payment.**
- Includes entry for up to (1 vehicle) ***All cars/guests must pre-register.**

"ACTOR" \$1,000

- Small sized logo displayed on signage (A-frame) the day of the event.
- Small logo displayed on screen during the pre-film slide show.
- Small logo displayed on the event webpage with link to company website.
- Social media promotion with tags, posts, mentions **(1x week)**.
***1x a week after receiving sponsorship payment until the date of the event.**
- Name to be listed in press releases.
- Name to be listed on promotional materials.
***Promotional materials will contain your name after receiving sponsorship payment.**
- Includes entry for (1 vehicle) ***All cars/guests must pre-register.**
-

"ANIMATOR" \$500

- Small logo displayed on screen during the pre-film slide show.
- Name to be displayed on the event webpage with link to company website.
- Social media posts **(will be posted 1x total until the date of event)**.
***after receiving sponsorship payment until the date of the event.**
- Name to be listed on promotional materials.
***Promotional materials will contain your name after receiving sponsorship payment.**

"CREW" \$250

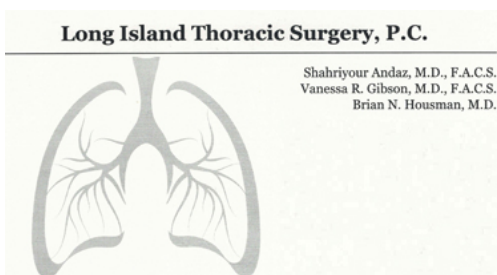
- Listing displayed on screen during the pre-film slide show.

- Name to be displayed on the event webpage with link to company website.
 - Social media post **(will be posted 1x total until the date of event).**
***after receiving sponsorship payment until the date of the event.**
-



***listed in alphabetical order**

"EXECUTIVE PRODUCER"



"ANIMATOR"

HELP SUPPORT US THIS OCTOBER

Throughout Breast Cancer Awareness Month help support the Adelphi Breast Cancer Program.

The Pink Patch Project

Adelphi Public Safety has teamed up with the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** to promote Breast Cancer Awareness Month. With your donation to the Adelphi Breast Cancer Program you will receive a pink uniform patch. All proceeds will be donated to the Adelphi Breast Cancer Program.



The Pink Patches will be available throughout the month of October, while supplies last, by visiting Public Safety in Levermore Hall, Room 113. With any donation amount you will receive a PINK PATCH. For more information contact **SGT. Lennon** at (516) 877-3499 or email: Glennon@adelphi.edu.



The Pink Pumpkin Patch

Join us at the **Pink Pumpkin Patch** at **UNITARIAN UNIVERSALIST CONGREGATION OF CENTRAL NASSAU (UUCCN)**

Date: Saturday, October 16th

Time: 12-5 pm

Place: 223 Stewart Avenue, Garden City, NY 11530

For more information and to place an order

<https://www.facebook.com/diane.turcic>



Support Groups

ALL COUNSELING AND SUPPORT GROUPS ARE BEING OFFERED
OVER THE PHONE AND ONLINE

[Click here](#) to see our support group schedule.

[Click here](#) to download our support group postcard.

For more information, questions and to register for a support group,
call **800-877-8077** or breastcancerhotline@adelphi.edu. Pre-registration is required.
All groups are facilitated by a licensed social worker or master level social work intern.

ONLINE CREATIVE ARTS WORKSHOPS

Our (4) week creative arts workshops empower participants to express themselves using art. This therapeutic program offers a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.



Workshops are facilitated by **Angela M. Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program along with **Kimberly Newman, BFA**, Communications and Marketing Coordinator for the Adelphi Breast Cancer Program. All groups are free but registration is required. For information on future workshops, please call **Angela M. Papalia, LMSW at (516) 877-4329 or email apapalia@adelphi.edu.**

WEEKLY SUPPORT GROUPS

- **General Support Group**
Tuesdays

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.

-

Recurrence Support Group

Mondays

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others in similar situations.

BI-WEEKLY GROUPS

- **Under 40, Young Women's Group**

Tuesdays

Women under the age of 40 who are diagnosed with breast cancer have particular needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.

- **Support for Stage 4 Breast Cancer**

Thursdays

Meet with other women who are diagnosed with Stage 4 Metastatic Breast Cancer.

Support Groups for Spanish speaking women

Cafecito

Twice Monthly – Call Angela Papalia, LMSW (516) 877-4329.

Cafecito is a Spanish language support group for long-term survivors of breast cancer.

Cafecito

Dos veces al mes – Llame a Angela Papalia, LMSW (516) 877-4329.

Cafecito es un grupo de apoyo en español para sobrevivientes de cáncer de mama a largo plazo.

Para Nuestro Bienestar

Thursdays – Call Adriana Valencia, LMSW (516) 877-4371.

Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed 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 may be experiencing with your diagnosis.

Para Nuestro Bienestar

Jueves- Llame a Adriana Valencia, LMSW (516) 877-4371.

Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama. Si ha sido diagnosticado en los últimos 18 meses, este grupo ofrece un espacio seguro y confidencial donde podemos ayudarle a identificar, aceptar y expresar los sentimientos que pueda estar experimentando con su diagnóstico.

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
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

For more information please contact Angelica Medina at 314-977-4331 or e-mail angelica@duhphd.org

My breasts. My Health
Do you know how to check your breasts? 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 sensitive 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 steps you can take to avoid exposure.

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

Coronavirus: 100 Cares and more
With so much information being shared about the virus, how do we know what to do and what to avoid?

Living Healthy
A program that empowers participants' ability to manage a chronic condition and lead active, fulfilling lives. By person only.



SISTERS UNITED IN HEALTH
An initiative for breast health information.

News and Press Releases Program Highlights



Ready For The Fight

Our very own Angelica Medina, Outreach Program Supervisor was in a Newsday article "READY FOR THE FIGHT". Angelica is hosting a free virtual session for West Babylon Public Library on October 14th from 7 - 8 pm. The workshop is "The 'C' Word and What You Need to Know About Breast Cancer."

[Click here](#) to read the article

Women to tell stories of breast cancer survivorship at Adelphi event

A recent article in Garden City News talks about the upcoming Celebration of Survivorship on Wednesday, October 13th. Three women will discuss their tales of surviving breast cancer. The three women, including one from Garden City, will share their struggles and triumphs with the disease, at the annual Celebration of Survivorship of the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The event will take place from 6 p.m. to 7 pm. via Zoom.

[Click here](#) to read the article

Celebration of Survivorship 2021

Three breast cancer survivors will tell their stories at the annual Celebration of Survivorship of the Adelphi NY Statewide Breast Cancer Hotline & Support Program on October 13, 2021.

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

Drive-in movie fundraiser to benefit the Adelphi Breast Cancer Program

The Adelphi University Student Activities Board is sponsoring an in-person drive-in movie night to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

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

New Advisory Board Members for the Adelphi Breast Cancer Program

The Adelphi NY Statewide Breast Cancer Hotline & Support Program announces the appointment of three new board members: Neil Tanna of Manhasset, Pilar Martin of Queens and Debra Langendorff of East Rockaway.

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

READ MORE

Research Opportunities

Optional Breast Cancer Patient Survey

About Preferences for Physician-Driven Referrals to Therapy

This brief multiple-choice survey is open to breast cancer patients/survivors. Dr. Elisabeth Counselman Carpenter, PhD, LCSW and Joyce Williams (survivor advocate, founder and owner of Keepers of the Flame®) are interested in determining if physician driven referrals to therapy would aid patients' resilience, ability to heal, and their likelihood of completing treatment.

You're eligible to participate if

1. You've ever been diagnosed with breast cancer
2. You're 21 years of age or older

Please [click here](#) to complete the survey.

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/22ymcWo37XWEQqok7>



Patients Currently Undergoing Treatment
<https://forms.gle/x2yeAXviEGESZS3M7>

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 October birthday

Nancy C.
Lori F.
Diane G.
Kimberly C.

**HAPPY
BIRTHDAY**



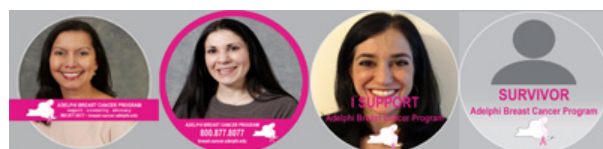
DONATE

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

Sientra Full Circle
