

ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM



800.877.8077 • [breast-cancer.adelphi.edu](https://breast-cancer.adelphi.edu)

Monthly Newsletter - September 2021



# National HISPANIC Heritage Month

**September 15 - October 15, 2021  
is National Hispanic Heritage Month**

The theme for this year's National Hispanic Heritage Month is **Esperanza: A Celebration of Hispanic Heritage and Hope**. African American and Hispanic women often experience more late-stage and aggressive breast cancer diagnoses and have lower survival rates. In the late 1990's, the Adelphi staff brought together a coalition of community organizations and leaders, naming it **Sisters United in Health** or "**Las Hermanas en la Salud**" as the program is known in the Latinx community. Sisters has been integral in supporting medically underserved communities with education and access to care to eliminate breast health disparities. Throughout the pandemic, Sisters and the Adelphi Breast Cancer Program adapted and found new ways to continue providing these life-saving services, providing hope and support.

Previously, face-to-face outreach was the cornerstone of the Sisters initiative. Due to social distancing guidelines, we had to adjust to the way we reach the underserved communities. Sisters began offering workshops virtually through platforms with partners. We made new collaborations with agencies and programs in areas that used to be difficult to reach. In addition to dealing with a breast cancer diagnosis, people were now faced with a multitude of concerns and questions about COVID. There were also myths and misinformation circulating, especially in the Latinx community, and difficulty accessing reliable sources of information in Spanish, tailored for those with lower health literacy and that is culturally appropriate. In response, we developed workshops and educational forums on topics where we identified information gaps among underserved populations throughout the pandemic. These include stress management, self-care, nutrition, among others which are offered in English and Spanish.

We also began offering the support group, "Nuestro Bienestar" which seeks to focus on the impact of breast cancer diagnosis on the overall well-being of members, how to navigate the social support of spouses, family members, friends, and community, as well as building a network of support with others with a shared experience. The group also seeks to provide participants a space to share questions and information on the impact of treatment on members' well-being. Many of our new diagnosed clients shared that there was a lack of information in their native language from providers regarding side effects of treatment, body image, in addition to helpful tips to cope with cancer.

Our bilingual staff which consists of five bilingual Spanish speaking staff has also worked to increase its scope through Facebook and has conducted research on the best ways to reach its priority populations. The program now connects with women via WhatsApp, offering this option during workshops or community meetings. Women text or send voice threads asking general questions, inquiring about resources and screening appointments.

The mission of the Adelphi New York Statewide Breast Cancer Hotline and Support Program is to educate, support, empower, advocate and provide HOPE for breast cancer patients, professionals, and the community.

Support is a phone call or click away. Contact us (in English or Spanish) at **800.877.8077** or at <https://breast-cancer.adelphi.edu/> to speak with a breast cancer volunteer or licensed social worker.

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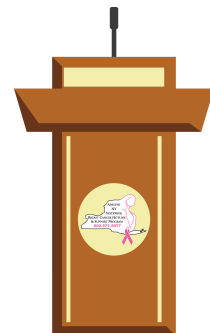
## Upcoming Forums

**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.)



**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.

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### **- SAVE THE DATE -**

#### **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 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 \(Full Circle Breast Cancer Recovery\)](#)**

**Registration and details to follow....**

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#### **Did you miss our Managing you Lymphedema with Movement Forum?**

[Click here](#) to watch the video from this forum. **(held in Spanish)**

**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](#).**

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### **MARK YOUR CALENDARS**

**Join us this October for our Celebration of Survivorship and Drive-In Movie Night**

**\*Stay tuned for more details on these upcoming events**

**-Online- Celebration of Survivorship - REGISTRATION IS OPEN!**

**[Click here](#)** to register for the event, learn how you can become an event sponsor and to reserve space in our commemorative journal.

**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](mailto:breastcancerhotline@adelphi.edu)  
Call us at (516) 877-4320

Join us



*Online*  
***Celebration of  
Survivorship***

*Wednesday, October 13, 2021  
6:00 - 7:00 pm on zoom*

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**Drive-In Movie Night Fundraiser**

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](mailto:breastcancerhotline@adelphi.edu)  
Call us at (516) 877-4320



## 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.)



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## 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.**

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### **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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### **RECURRENCE SUPPORT GROUP \*NOW FORMING\***

**If you are interested in joining call Nina Foley, LMSW at 516-877-4315.**

We are now forming an 8-week support group for breast cancer survivors who have had a recurrence. If you are interested in joining, please contact Nina Foley, LMSW at 516-877-4315.

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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\*\*](#) 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 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 onsite or remotely

**My breasts, My Health**  
Discover your risks, when breast cancer may be reduced your risk, what you can do to detect it early, treatment and more.

**Self-Love & Self-Care**  
Discover the connection between how you feel and how you look. It's all about a happy and healthy life.

**Food for Life**  
Discover about the diet of food in 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 how you can take control of your environment.

**Dress to die stress**  
Reducing our stress is what we all can learn. Learn simple techniques that can help you feel more calm and relaxed.

**Coronavirus: 100 Cases and more**  
With so much information being shared about the virus, how do we know what is true or false? We can help.

**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:  
Angelina Medina at 318.377.4333  
or e-mail [amolina@adelphiads.com](mailto:amolina@adelphiads.com)



**SISTERS UNITED IN HEALTH**  
An initiative for breast health information.

## News and Press Releases

### Program Highlights



#### Successfully Seeking Ways to Help Spanish-speakers Who Have Breast Cancer

With five bilingual Spanish speaking staff and two bilingual hotline volunteers, the Adelphi NY Statewide Breast Cancer Hotline & Support Program is meeting its mandate to help all New Yorkers with breast cancer concerns.

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

#### October Awareness Campaign

"New Beginnings" is the October Breast Cancer Awareness Month slogan of the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

[\*\*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.

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### **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](mailto: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.

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### **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](mailto:molloyresearch2021@gmail.com)



## Happy Birthday

To all our volunteers with an September birthday

Carmel O'  
Diana M.  
Judith C.  
Jean R.  
Diane V.



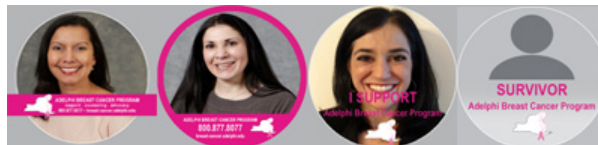
**DONATE**

**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](https://facebook.com/profilepicframes) and type Adelphi Breast Cancer Program into the search. We have designed (4) options for you to choose from.

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### **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.

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## 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](http://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!

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## 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

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