

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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - November 2021

Save The Date
GIVINGTUESDAY
November 30, 2021

Giving Tuesday

This fall was a significant milestone as we entered a **New Beginning** welcoming staff, volunteers and student interns back to the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The program is thankful for supporters like you, who enabled us to continue providing public health and licensed social work services to individuals concerned with or diagnosed with breast cancer.

GivingTuesday is a global day of generosity that will take place on **November 30, 2021**. Your support has helped brighten the journey for so many breast cancer patients. One of our bilingual support group members, Ms. V shared her powerful testimony, "I was diagnosed with HER2 cancer, and my world changed overnight; I did not know what to do. Amid the anguish, pain, loneliness and confusion came an unexpected call from the Adelphi Breast Cancer Program. From that moment on, I have had emotional support, personal attention, accompaniment, and financial support. I have challenges ahead ... but am sure I will emerge victorious, strong and ready to tell the world my new story."



Make a tax-deductible donation today, so that we may continue to be there for our fellow New Yorkers in their time of need. From the Adelphi Breast Cancer Program family to yours we wish you a happy holiday and a healthy new year.

Finding Your New Normal.

We asked our volunteers for their expert opinions on how to help others who are trying to find their 'new normal' after a breast cancer diagnosis. We compiled the answers to put together a piece that addresses this intimate topic, and know that each and every

one of our volunteers helps countless others who are on this journey.

A breast cancer diagnosis creates a new reality that one has not chosen, but rather, has been chosen for you.

At the Adelphi NY Statewide Breast Cancer Hotline & Support Program, our dedicated volunteers, who are also Breast Cancer Survivors, know better than most what it's like to find a 'new normal.'

Answering calls from individuals throughout New York State whose lives have been impacted by breast cancer, these fearless volunteers have walked the same path of being newly diagnosed and have navigated the uncertain waters into a new beginning.

When our volunteers were asked what types of support they found to be the most helpful during a diagnosis, here's what they said:



What would you have wished that someone shared with you when you were diagnosed?

- This is a lifelong journey.
- I would have loved to hear someone tell me they were a survivor.
- There are people and resources that can help.
- There is a light at the end of the tunnel.
- Your life can be better after cancer from lessons learned.
- Have someone come with you to your appointments to be a second set of ears.
- There is no one size fits all on when you will feel like yourself again. Do it at your own pace.

Did you receive advice that you found to be particularly empowering?

- Listen to your body, take time to rest and do not be afraid to ask for help.
- Join a support group because those women helped me find strength and courage.
- You are the CEO of your body.
- Try to do things that make you happy-take small steps.
- Ask questions!
- Try journaling your thoughts and feelings at the end of each day.

How can you help someone who is struggling?

- Take the time to truly listen.
- Let individuals know you are there for them.
- They are looking for someone to unload their fears to.
- Tomorrow will be better than today.
- The human voice can be a powerful tool.
- Meet someone where they are.
- Listen and hear their concerns and fears - when they hear a volunteer share that they are a 40-year survivor they also hear that the diagnosis is not the end of the world.

If you or someone you love needs support, please call the Adelphi Breast Cancer Program at: [800.877.8077](tel:800.877.8077). You are not alone.

Upcoming Forums

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



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.

Did you miss our forum Surviving Cancer: Empower Yourself with Nutrition and Healthy Lifestyle?



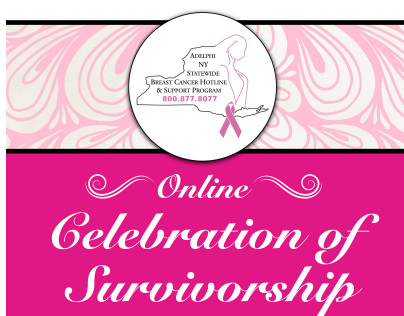
[Click here](#) to watch the video.

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

DID YOU MISS CELEBRATION OF SURVIVORSHIP 2021?



[Click here](#) to watch the video of the event, revisit photos from the past year and download our Celebration of Survivorship journal.

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@adelpi.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
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 Angeline Medina at (516) 877-4371 or e-mail amedita@sudh.org

My breasts, My Health
Did you know that you can do breast cancer tests to reduce your risk, what you can do to detect it early, treatment and more.

Self-Love & Self-Care
Did you know that there are ways to live being cancer-free to the key to a happy and healthy life.

Food for Life
Learn about the effects 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 why you can take control of your environment.

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

Coronavirus: 100 Cures and more
Did you know that there are 100 ways to reduce the stress, how do we stress reduce them or what they can help?

Living Healthy
If you are not a breast cancer participant, ability to manage a chronic condition and/or action, joining here. In person only.



SISTERS UNITED IN HEALTH
An initiative for breast health information.

News and Press Releases

Program Highlights

Importance of mammograms stressed as Breast Cancer Awareness Month begins

ABC7 Eyewitness News

By: [Kristin Thorne](#)



Diane Turcic of the [Unitarian Universalist Congregation of Central Nassau \(UCCN\)](#) in Garden City will be hosting a **Pink Pumpkin Patch** this October. The funds raised support the **Adelphi NY Statewide Breast Cancer Hotline & Support Program**.

On Friday, October 1, 2021 Diane Turcic and the Pink Pumpkin Patch was highlighted on ABC News (at 1.22 mark in video).

[Click here](#) to watch the video.

Pink Patch project fundraiser for Adelphi's Breast Cancer Program

Last year, when Sergeant Gerry Lennon of the Adelphi University Department of Public Safety and Transportation heard about the national Pink Patch Project breast cancer fundraiser, he knew that was something he could launch on campus to help women suffering with breast cancer by raising money and awareness about the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

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

[Click here](#) to read the article in The Garden City News.

[Click here](#) to watch the interview with News 12 Long Island.

Life's Victories (Newsday - Read this story and more at [Newsday.com/livesvictories](https://www.nydaily.com/livesvictories))

On October 14, 2021, our wonderful volunteer Deborah Holley was highlighted in Newsday's Life's Victories section.

[Click here](#) to read her story.

Island Park man decorates home for Halloween to raise money for breast cancer awareness

Throughout the month of October, an Island Park home has been transformed into the Bates Motel with lots of familiar and scary faces. This haunted house raises money for breast cancer to benefit the Adelphi Breast Cancer Program. News 12 interviewed owner Frank Amoruso.

[Click here](#) to watch the video.

Breast Cancer Support Groups

Angela Papalia, LMSW for the [Adelphi NY Statewide Breast Cancer Program](#) was interviewed by **Fox 5 New York**. Angela spoke about our program, support groups and services we provide.

[Click here](#) to watch the video.

The Adelphi NY Statewide Breast Cancer Hotline & Support Program: Answering the Call in October and Year-Round

Adelphi University highlighted the breast cancer program in their weekly newsletter called The Adelphi Insider.

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

Life's Victories (Newsday - Read this story and more at [Newsday.com/livesvictories](https://www.newsday.com/livesvictories))

This year Arlette Hagans shared her inspirational story at our Celebration of Survivorship. Arlette was also highlighted in Newsday's Life's Victories section.

[Click here](#) to read her story.

Life's Victories (Newsday - Read this story and more at [Newsday.com/livesvictories](https://www.newsday.com/livesvictories))

This year Julie Bickar Nappi shared her inspirational story at our Celebration of Survivorship. Julie was also highlighted in Newsday's Life's Victories section.

[Click here](#) to read her story.

On a Positive Note: Adelphi Breast Cancer Program helps thousands

Our very own Angela Papalia, Assistant Director for the Adelphi Breast Cancer Program was interviewed by Erin Colton at News 12 Long Island. Angela spoke about the services we provide and how our program is continuing to help thousands of Long Islanders.

[Click here](#) to watch the interview.

A good time is the treat

This Newsday article highlights Long Islanders that have found their favorite ways to celebrate Halloween, and they're not at all scary. Throughout the month of October, Frank Amoruso and his family in Island Park have been transforming their home into the Bates Motel. This haunted house raises money for breast cancer to benefit the Adelphi Breast Cancer Program.

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

[READ MORE](#)

Research Opportunitites

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/22vmsWo37XWEQqok7>



Patients Currently Undergoing Treatment
<https://forms.gle/x2ueAXviEGESZS3M7>



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!



Happy Birthday

To all our volunteers with a **NOVEMBER** birthday

Teresa G.
Linda D.
Randee A.
Bonnie H.



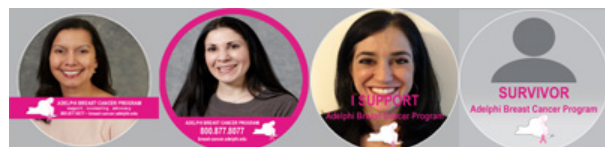
DONATE

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
