

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - December 2021

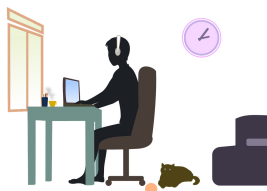


Thank You!

The Adelphi NY Statewide Breast Cancer Hotline & Support Program would like to thank our staff, volunteers, Advisory Board, and community partners for helping to make the past year brighter.

Wishing you and your family a happy and healthy holiday season.

**Breast Cancer does not take a break for the holidays.
We are here for you 365 days a year.**



For assistance please contact us by phone, email or web.

call our hotline at **800.877.8077**

email our program at **breastcancerhotline@adelphi.edu**

visit our website at **breast-cancer.adelphi.edu**

You are not alone.

#GIVING TUESDAY - 11.30.2021

Thank you for making a difference this #GivingTuesday.

Thanks to your individual contributions, we will be able to provide support and hope to breast cancer patients and their families.

A special thank you to Advisory Board member, Neil Tanna, MD, MBA and Adelphi Board of Trustee member Ronald B. Lee, BA '67 for their matching gifts. Due to their generosity, your gifts went twice as far in the fight against breast cancer.



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.

Self-care Workshop - Register Today!



The focus of this 4-week workshop is **self-care**. When life becomes stressful sometimes our feelings become too much. This is when we need to distract ourselves until we are better able to cope. Self-care can help change how we are feeling when things become too overwhelming. All **four** of our sessions will start with a **relaxation/breathing exercise**. We will then complete several **creative projects** focusing on **self-awareness**. These projects will help reduce negativity and will be self-soothing resulting in stress reduction.

This online workshop will accommodate **12 members**. You must register to attend the workshop and all members must commit to attending the entire **4-week session**.

Our Creative Arts workshops are open to people dealing with a breast cancer diagnosis, survivors and/or caregivers.

WORKSHOP DATES (Thursdays):

January 6, January 13, January 20 and January 27, 2022

WORKSHOP TIMES:

10:00 a.m. – 11:30 a.m.

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.

HOW TO REGISTER:

For information and to register, 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.

Volunteer Training - 2022

Join our amazing team!

Women and men who are breast cancer survivors, family members and friends of survivors who are concerned about breast health issues can become volunteers. Volunteers can help by answering hotline calls, providing outreach to the community, fundraising, special events and office work.



Learn how you can become a volunteer. Join us this February and early March for **four - 3-hour** training sessions on Zoom.

For more information and to register, please contact
Nina Foley, LMSW,
Volunteer and Hotline Coordinator

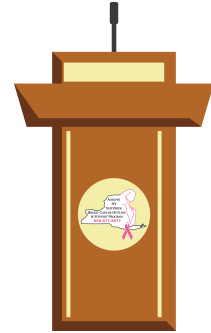
Phone: 516.877.4315

Email: Nfoley@adelphi.edu



Did you miss our Breast-Relief Forum?

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



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

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

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.

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.

News and Press Releases

Program Highlights



IN THEIR OWN WORDS

Survivors help themselves by supporting others through diagnosis, treatment and recovery

The Herald newspapers highlighted three of our volunteers in an article titled "In their own words". These volunteers contributed their personal insights in their ongoing effort to help others; sharing their message that it is possible to get through a breast cancer diagnosis — and even thrive — as you find your own way on this unanticipated journey. These survivors have turned their encounter with the disease into an opportunity to better themselves and those around them.

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

BREAST CANCER IN THE 911 COMMUNITY WEBINAR – hosted by [**Barasch & McGarry**](#)

We are honored to have been part of this webinar hosted by Barasch & McGarry Law Firm. 68 cancers and many respiratory illnesses have been linked to 9/11 toxins. **Nina Foley, LMSW**, Volunteer and Hotline Coordinator for the Adelphi Breast Cancer Program spoke about the services our program provides to the community.

[**Click here**](#) to watch the webinar.

Girl Scouts support breast cancer awareness at kickoff event

The Garden City News

Thank you to the Garden City Association of Girl Scouts of Nassau County for donating 200 Ornaments of Hope to the **Adelphi NY Statewide Breast Cancer Hotline and Support Program**.

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

Jericho Resident Talks Beating Breast Cancer Finds Passion Working in Hospice Care

Newsday - Faces of Long Island

'My mastectomy was on April Fools' Day, and I think I fooled everybody because had I not had the surgery, I probably wouldn't be here today.'

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

LI People on the Move

Newsday - On The Move

Newsday highlighted our (3) new Advisory Board Members in the LI People on the move section. Congratulations to Dr. Neil Tanna, Debra Langendorff and Dr. Maria-Pilar Martin for being appointed to the board of directors of the Adelphi NY Statewide 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 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/x2v8eAXviEGESZS3M7>

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 a DECEMBER birthday

Carol G.
Carol S.
Lesley D.

**HAPPY
BIRTHDAY**



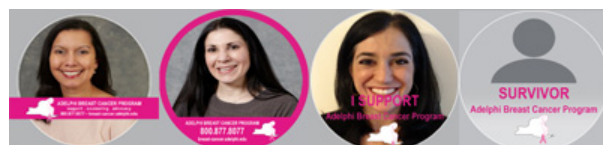
DONATE

[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
