

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

800.877.8077 • breast-cancer.adelphi.edu



Monthly Newsletter - February 2022

CANCER PREVENTION



February is National Cancer Prevention Month

In honor of cancer prevention, we have put together **four videos** highlighting some of the key factors you need to make a part of your life to regain your health, stay healthy and feel your best.

[Click here](#) to watch our cancer prevention videos on our YouTube channel. These videos focus on how environmental factors, nutrition and exercise and smoking and alcohol can increase your cancer risk and ways to help prevent cancer by adopting a healthy lifestyle.



February is Black History Month

African American women on Long Island experience more late-stage diagnoses of breast cancer and the highest mortality rates. The Adelphi NY Statewide Breast Cancer Hotline & Support Program is committed to eliminating these disparities by providing access to information, mammography screening, and support to improve breast cancer outcomes for Black women in our communities. Through our project [Sisters United In Health](#), we reach, educate, empower, and provide referrals for free or low-cost mammograms. If you need a **mammogram** but don't know how to obtain one or do not have health insurance **contact us at 516 877.4331**.

"It was very early breast cancer, but it was breast cancer. How different the odds could have been had I gambled with my health and passed up my yearly mammogram, as so many women do—which is why I bared all, and shared my personal journey..." - Pat Battle



Upcoming Forum

Living Your Best Self: *An Intimate Discussion About Breast Reconstruction and Emotional Healing for Breast Cancer Patients and Survivors*

This forum will be held online on zoom.

***Spanish translation services will be available.**

***Servicios de traducción al español estarán disponibles.**



Living Your Best Self: An Intimate Discussion about Breast Reconstruction and Emotional Healing for Breast Cancer Patients and Survivors

Date: March 16, 2022

Time: 6:00 - 7:30 pm. on Zoom

SAVE THE DATE! Registration and details coming soon!

If you have missed any of our past forums, please visit our [YouTube channel](#) to watch the videos.

Our 2022 forums are sponsored by

The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer, and Northwell Health Cancer Institute.

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.**

These groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, Kat's Ribbon of Hope, Marilyn Lichtman Foundation, the Mother Cabrini Health Foundation, New York State and Pink Aid.

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.

For information on future workshops, please call **Angela M. Papalia, LMSW at (516) 877-4329** or email **apapalia@adelphi.edu**.

Our creative arts 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.

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.

Volunteers Needed

Breast Cancer Survivors Sought for Hotline

The Adelphi NY Statewide Breast Cancer Hotline & Support Program welcomes both women and men who have had breast cancer to become hotline volunteers. Our February volunteer training is full. However, if you are interested in volunteering and would like to be a part of our next training, please contact:

Nina Foley, LMSW,
Volunteer and Hotline Coordinator

Phone: 516.877.4315

Email: Nfoley@adelphi.edu



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 para la salud de las mujeres

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:
Angela Medina at 516-877-4331
or e-mail angela@adelphi.edu

My breasts, My Health
The myths and facts about breast cancer, how to reduce your risk, and how you can detect it early, prevent and manage.

Self-Care & Self-Cure
Learn how the choices you make about how you live can affect your health and happiness.

Food for Life
Learn how the choices of food we eat and what foods we buy can 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
Discover how stress is linked to all our lives. Learn simple health tips that can help you feel more calm and relaxed.

Coronavirus: 100 Cures and more
With so much information being shared about the virus, how do we know what is true and what is not?

Living Healthy
A program that can empower participants of all ages to manage a chronic condition and reduce hospital time. In person only.



SISTERS UNITED IN HEALTH
An initiative for breast health information.

News and Press Releases

Program Highlights



Breast Cancer Survivors Sought for Hotline Training Begins February 8

The Adelphi NY Statewide Breast Cancer Hotline & Support Program seeks women and men who have had breast cancer to become hotline volunteers.

[Click here](#) to read the article

Information to Stay Healthy

In honor of February's Cancer Prevention Month, the Adelphi NY Statewide Breast Cancer Program created **4 free short educational videos** for organizations and individuals to review and share on their social media pages.

[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/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 a FEBRUARY birthday

Sherry S.



Randee C.
Merna S.
Trisha M.



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 Marilyn Lichtman Foundation

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
