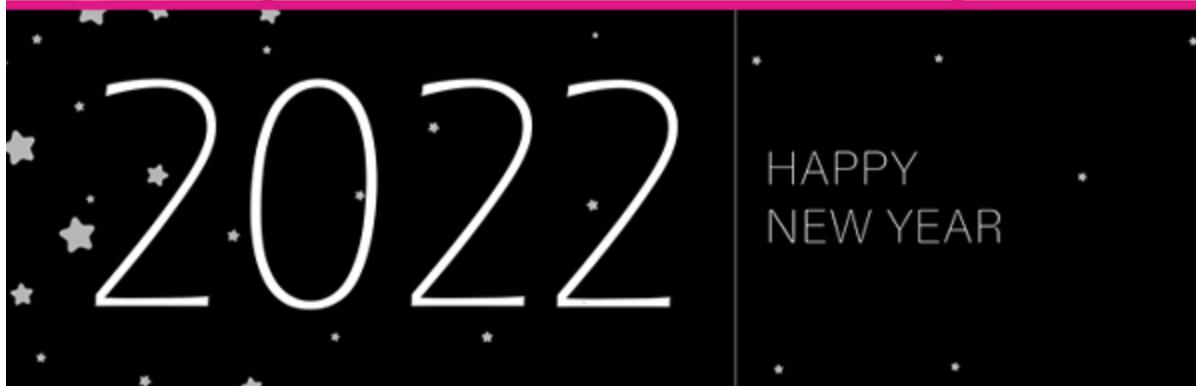


**ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

800.877.8077 • breast-cancer.adelphi.edu



Monthly Newsletter - January 2022



Celebrating a new year and new beginnings!

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**](mailto: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.

This January our workshop will be focusing on self-care. 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.

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



VOLUNTEER

Tips to cope with Stress

As we turn to another year, it's a wonderful time to reflect on the past year and resolve to make 2022 a brighter one. This year, more than ever, people are trying to find creative ways to stay connected with others while



keeping a safe distance and staying healthy. These tips are designed to provide you with some tools to cope.



Create new traditions. Give yourself permission to celebrate in a new way this year. Find creative ways to celebrate with loved ones in a way that is comfortable and safe for you. Using virtual platforms, calling a loved one, or sending cards can help to stay connected during times when we are physically apart.

Enjoy special moments. Taking time to reflect upon the people, places and things that truly matter to you can be very rewarding, and can help us to stay focused on the positive things in life.

Don't put pressure on yourself. Honor the emotional place that you are in at the moment. If you are not feeling up to cooking a meal, it's okay not to cook! It's important to not place blame on yourself if you are not feeling up to doing what you typically do.

Stay in the moment. Taking time to truly enjoy the moment can help to 'slow down' and helps to remind us to take things one at a time. Embracing the moments helps us to celebrate the little things in life, which are sometimes the most important.

Use a journal, prayer or meditation to externalize your feelings. Having an outlet to express your feelings can be very powerful. Finding a tool that is most comfortable for you can be very helpful in getting through the difficult times.

Surround yourself with positive people. Eliminating negative influences and individuals can help to maintain your spirits and foster positive thinking.

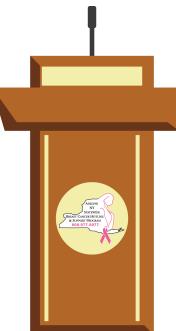
Laugh. It's important to remember to have fun!! Laughter can be a very therapeutic tool and truly soothes the soul. Even in the most stressful times, laughter can provide a wonderful outlet and reminds us to not take ourselves too seriously.

Forums

As we welcome in the new year, it is a great time to establish a self-care routine.

Self-care has been clinically proven to reduce anxiety, depression and stress. It also helps improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. Once you create good habits in your lifestyle you will see how much better you will feel!

Enjoy videos from our program's wellness forums on our [YouTube channel](#).



[**Restoring Your Spirit: A Breast Cancer Wellness Forum**](#)

[**Deep Breathing, Meditation and Soundbath with Veronica Beltran**](#)

[**Paths to Wellness Self Care and Positive Mantras with Jennifer Velasquez**](#)

[**Gentle Movement/Chair Pilates with Naomi Aaronson**](#)

[**Nutritious Pantry Cooking at home with Kristen Link**](#)

Meditation, Mindfulness and Gong Meditation

[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 2022 forums are sponsored by

The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer, 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



Free Breast Cancer Screenings for Long Island Residents

Nassau County Legislator Kevan Abrahams coordinated mammograms on Thursday, December 16 in Roosevelt. Sisters United in Health/Adelphi NY Statewide Breast Cancer Support Program will be sending gift cards to those who received their screenings.

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

Breast Cancer Hotline Volunteers Sought Training Begins February 8

The Adelphi NY Statewide Breast Cancer Hotline & Support Program seeks breast cancer survivors of all ages, race and ethnicity—men as well as women—to become volunteers. Thus, the program seeks a diverse group of volunteers to reflect the diversity of the people who are calling the hotline.

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

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 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



Happy Birthday

To all our volunteers with a JANUARY birthday

Christina D.
Reva R.
Elba C.
Arlene F.



Christa M.
Andrea P.
Irene S.
Sherry S.

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](#)
