

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

800.877.8077 • breast-cancer.adelphi.edu



Monthly Newsletter - March 2022



**The Time is
Right For
Social Work**

March 2022 is Social Work Month

March is Social Work Month

The Time is Right For Social Work. Let's join together to celebrate this important profession and learn about the positive contributions our social workers have made in the community.

Our Social Workers help to empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, our Social Workers help people to find strength in coping with some of life's greatest challenges.



"Social Workers have the privilege of being an advocate for individuals and their families during some of the most difficult times in their lives. Everyone has the right to be heard, to be respected, and to be treated with dignity. Social Workers are committed to ensuring that those basic human rights are honored."



Angela M. Papalia, LMSW

Assistant Director, Adelphi Breast Cancer Program

"Ongoing collaboration with community coalitions facilitates provision of concrete services which help to overcome barriers to care."



Lois Goetz, LMSW, ACSW

Bilingual Social Worker, Adelphi Breast Cancer Program

"Social workers value the dignity and worth of each person and this is especially relevant in my position in addressing the immediate needs of our hotline callers and counseling patients. As social workers, we don't judge or give our advice, rather we meet the patient and address what is most helpful for the patient at the moment."



Nina Foley, LMSW

Volunteer and Hotline Coordinator, Adelphi Breast Cancer Program

"Social work is a profession based on a value system and a systemic and holistic perspective. We honor those we serve by seeing them as a whole, not just a breast cancer diagnosis."



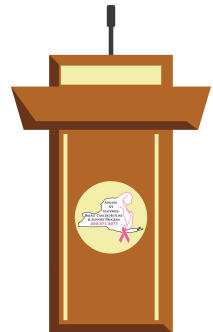
Adriana Valencia, LMSW

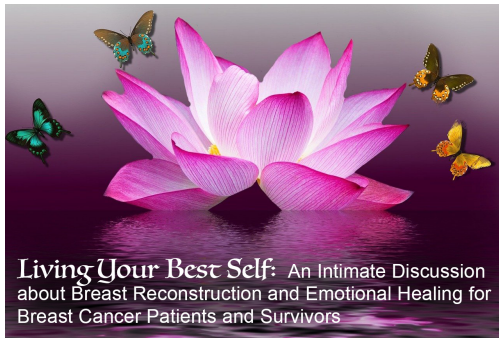
Bilingual Social Worker, Adelphi Breast Cancer Program

Upcoming Forum

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

[CLICK HERE](#) TO REGISTER





ABOUT THIS FORUM:

- Learn about new innovative breast reconstruction options
- Understanding the psychosocial aspects of the breast cancer journey and building resilience
- What to expect during the healing process and optimizing recovery
- Navigating fertility during a breast cancer diagnosis
- Hear different experiences from two breast cancer patients

MODERATOR:

Janet Gerlach

Program Director, Friedman Center for Breast and Lymphatic Surgery

PRESENTERS:

Dr. Neil Tanna, MD

Associate Program Director, Plastic Surgery

Vice President, Women's Surgical Services

Glen Cove Hospital, Northwell Health

Professor of Surgery, Zucker School of Medicine at Hofstra/Northwell

Angela Papalia, LMSW

Assistant Director, Adelphi NY Statewide Breast Cancer Hotline and Support Program

GUEST SPEAKERS:

Two of Dr. Tanna's patients will speak about their personal experiences with reconstructive breast surgery.

Date: March 16, 2022

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

Platform: This forum will be held online on zoom

NOTE:

This program is brought to you by the Adelphi NY Statewide Breast Cancer Hotline & Support Program in partnership with The Friedman Center for Breast and Lymphatic Surgery and Northwell Health.



*Spanish translation services will be available.

*Servicios de traducción al español estarán disponibles.

This forum is free, however, you must register online for the event.

[CLICK HERE](#) TO REGISTER

***The zoom link will be sent in your confirmation email once registered.**

¡RESERVA! (Save The Date)



Exámenes y Diagnóstico del Cáncer de Mama
(Screening and Diagnosing Breast Cancer)

Fecha: 3 de Mayo, 2022 (May 3, 2022)

Hora: 4 - 5 pm

Este foro se llevará a cabo en línea en zoom.
(This forum will be held on zoom)

*English translation services will be available.

¡RESERVA! Inscripciones y detalles próximamente!
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.

MARK YOUR CALENDAR!

Giving Day - 03.23.22



GIVING DAY - 03.23.22

One day to give.
ADELPHI UNIVERSITY
GIVING DAY 03.23.22

#Give4Adelphi

ADELPHI
NY
STATEWIDE
BREAST CANCER HOTLINE
& SUPPORT PROGRAM
800.877.8077

Can't wait till Giving Day? Give Now!

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.

****NEW** 8-WEEK SUPPORT GROUP**

New Beginnings Café Tuesdays @ 6 pm on Zoom

Our breast cancer support program provides a safe space for women diagnosed with breast cancer in current treatment. Members will be able to connect with others coping with breast cancer to share experiences and resources.

This group will commence in the month of March.

**For more information and to register, please contact Adriana Valencia, LMSW
516-877-4371 or email: avalencia@adelphi.edu.**

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 GROUP

- **Recurrence Support Group**
Mondays

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others in similar situations.

TWICE MONTHLY - SUPPORT 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.

News and Press Releases

Program Highlights

Grant to Support Hispanic and African American Breast Cancer Patients

The Mother Cabrini Health Foundation has renewed its commitment to support the Adelphi Breast Cancer Program with a grant which will allow them to provide services to underserved women through its BEST program (Breast Education, Screening & Treatment: Patient Navigation for Breast Cancer).

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



READ MORE

Research Opportunitites

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/22vmcWo37XWEQgok7>

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/22ymcWo37XWEQqok7>



Patients Currently Undergoing Treatment
<https://forms.gle/x29eAXvtEGESZS3M7>



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 MARCH birthday

Genevieve P.
Chris A.
Janet S.
Helena S.
Theresa L.
Lita C.



**HAPPY
BIRTHDAY**

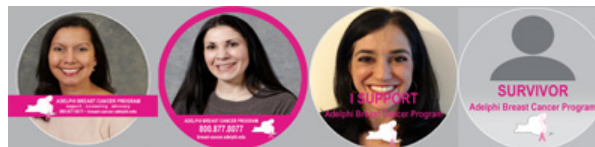
DONATE

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 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
