

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

**800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)**



## **Monthly Newsletter - May 2022**

You are never  
too busy to take  
care of yourself.

### **HEALTHY YOU CHECKLIST**



The theme for our annual Spring outreach campaign is  
**"You are never too busy to take care of yourself."**

Many New Yorkers are behind in scheduling their annual mammograms. Our program is urging individuals to return to care and obtain life-saving health screenings.

*We have attached the ad in both English and Spanish as a PDF please feel free to share our ad on your social media accounts.*

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**May is Mental Health Awareness Month**

# TOGETHER for Mental Health

Mental health is an incredibly important part of overall health.

With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

## Together For Mental Health

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. Individual and family counseling is provided by licensed social workers and masters level social work interns. Individual telephone counseling is available statewide along with counseling in English and Spanish. Learn more about how our social workers can help. [Click here](#) to meet our amazing team.

**All services are free and confidential.**

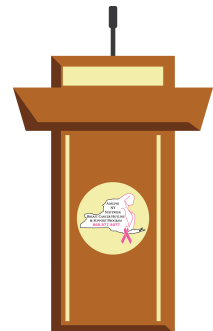
**Call us at: 1.800.877.8077. Our licensed Social Workers, and trained volunteers are here to help. Mental health matters; you are not alone.**

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## Upcoming Forum

**This presentation will be held in Spanish with English translation services available simultaneously.**

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





**La presentación se llevará a cabo en español.**

En esta conversacion estaremos hablando sobre las recomendaciones de mamografia para las mujeres. La doctora Reyes les guia sobre los diagnosticos para el cancer de Mama y habla sobre que pueden esperar despues del diagnostico de cancer.

In this forum, we will be discussing current breast cancer screening recommendations for women. Dr. Reyes will guide you through the diagnostic workup for breast cancer and what to expect after a breast cancer diagnosis.

**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 available simultaneously.**

**PRESENTADORA: (Speaker)**



**Sylvia A. Reyes, MD, MBS**

**Oncólogo quirúrgico de Mama, Mount Sinai Union Square**

**Breast Surgical Oncologist, Mount Sinai Union Square**

**Este evento es gratuito, pero debe registrarse en línea para el evento.  
Para más información llame a Adriana Valencia al 516.877.4371.**

**This forum is free, however, you must register online for the event.  
For more information, please call Adriana Valencia al 516.877.4371.**

**Regístrese en línea para este foro**

**Register for this forum**

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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.

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## Support Groups

ALL COUNSELING AND SUPPORT GROUPS ARE BEING OFFERED OVER THE PHONE AND ONLINE



[Click here](#) to see our support group schedule.

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.

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## **\*\*NEW\*\* 8-WEEK ONLINE SUPPORT GROUPS**

### **RECURRENCE SUPPORT GROUP**

**\*\*NOW FORMING\*\* Mondays @ 4 pm on Zoom**

**This group will commence in the month of April.**

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

**For more information and to register, please contact Nina Foley, LMSW 516-877-4315 or email: [nfoley@adelphi.edu](mailto:nfoley@adelphi.edu)**

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### **UNDER 40, YOUNG WOMEN'S GROUP**

**\*\*NOW FORMING\*\* Tuesdays @ 6 pm on Zoom**

**This group will commence in the month of April.**

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.

**For more information and to register, please contact Angela Papalia, LMSW  
516-877-4329 or email: [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu)**

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### **NEW BEGINNINGS CAFÉ**

**Tuesdays @ 6 pm on Zoom (GROUP IN PROGRESS)**

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.

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

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### **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](mailto: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.

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### **TWICE MONTHLY - SUPPORT GROUP**

- **Support for Stage 4 Breast Cancer**  
**Thursdays**

Meet with other women who are diagnosed with Stage 4 Metastatic Breast Cancer.

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## **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.

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### **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.

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## **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. 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](mailto: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**  
Es unirse, ser fuerte  
HERMANAS UNIDAS EN LA SALUD  
Es unirse para la vida y la salud

We provide a variety of **NO COST** health workshops designed to educate and empower our community.

**Our workshops are:**

- ♥ Evidence-based
- ♥ Tailored for the audience
- ♥ Available in Spanish
- ♥ Conducted onsite or remotely

**My breasts, My Health**  
Discover your risks, what breast cancer does to reduce your risk, what you can do to detect it early, treatment and more.

**Self-Love & Self-Care**  
Discover the connection between how you feel and how you live. A happy and healthy life.

**Food for Life**  
Discover what the diet of your body 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 how you can take control of it.

**Dress to die stress**  
Reducing our stress is what we all can do. Learn simple techniques that can help you feel more calm and relaxed.

**Coronavirus: 100 Cases and more**  
With research information being shared about the virus, how do we know what to do or what we can help?

**Living Healthy**  
A program that can increase participants' ability to manage a chronic condition and lead active, fulfilling lives. In person only.

For more information please contact:  
Angela Medina at 318.377.4333  
or e-mail [amolina@slhphd.org](mailto:amolina@slhphd.org)



## News and Press Releases

### Program Highlights



#### Screening and Diagnosing Breast Cancer Forum

On Tuesday, May 3 from 4 to 5 pm, Sylvia A. Reyes, MD, MBS, FACS, Breast Surgical Oncologist at Mount Sinai Union Square, will be discussing current breast cancer screening recommendations for women. Dr. Reyes will guide you through the diagnostic workup for breast cancer and what to expect after a breast cancer diagnosis. **This workshop will be held in Spanish with English translation services available simultaneously.**

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

#### Charity baseball tournament supports wounded warriors, men's breast cancer awareness

One of our new volunteers Tim H. was interviewed by [News 12 Long Island](#) raising awareness for men's breast cancer.

[Click here](#) to watch the video

**READ MORE**

## As Seen on Social Media

### Volunteer Recognition Party 2022

April was National Volunteer Month and the perfect opportunity to recognize our incredible, dedicated volunteers. On April 26, 2022 we hosted our Volunteer Recognition Party at Muse Paintbar. It was wonderful to be together again!



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## Cancer & Careers

### 12th Annual National Conference on Work & Cancer



Cancer and Careers' 12th annual National Conference on Work & Cancer will be held virtually on **Friday, June 24, 2022!** This free, daylong event, which explores the complexities of balancing treatment and recovery with employment is open to patients, survivors, caregivers, healthcare professionals, advocates, employers/HR and anyone else touched by cancer.

[Click here](#) for more information and to register.

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## Research Opportunities

### 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](mailto:CancerClinicalTrials@stonybrookmedicine.edu)

Please [click here](#) to see the flyer.

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### 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](mailto:molloyresearch2021@gmail.com)



ANY QUESTIONS EMAIL:  
[MolloyResearch2021@gmail.com](mailto: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)

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## Happy Birthday

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

Cindy F.  
Lydia C.  
Diane K.  
Myra T.  
Barbara B.  
Marcie R.  
Kathie O.



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**DONATE**

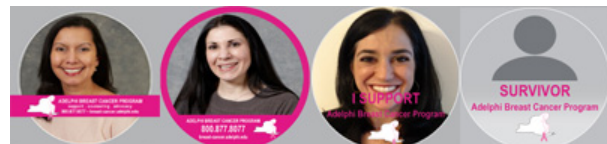
[Click here](#) to help support the **Adelphi Breast Cancer Program**. Without funding, our program will no longer be able to provide life-saving services to those who are truly in need. Please make a tax-deductible donation today, so that we may be there for the breast cancer community.

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## 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](https://facebook.com/profilepicframes) and type Adelphi Breast Cancer Program into the search. We have designed (4) options for you to choose from.

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### **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.

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## 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!

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## Thank you to all our sponsors

(Listed below in alphabetical order)

Alpern Family Foundation 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

