

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

800.877.8077 • breast-cancer.adelphi.edu



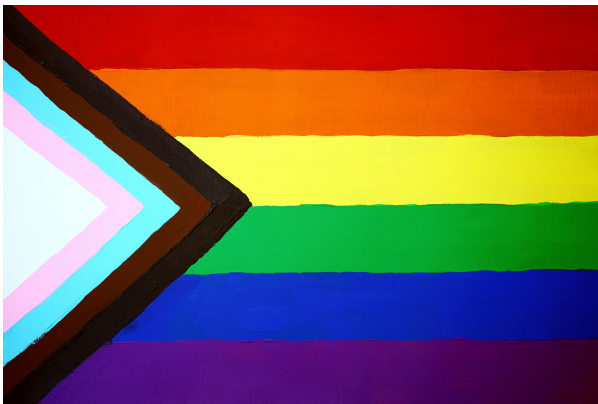
Monthly Newsletter - June 2022

JUNE is *National*
**CANCER
SURVIVOR
MONTH**



June is National Cancer Survivor Month, a time to increase awareness about life after cancer. The volunteers at **The Adelphi Breast Cancer Program** know what you are going through. They are ready to offer information regarding mammography screening referrals, treatment, support services and survivorship resources. Read our volunteers [encouraging testimonials](#) on life after cancer.

PRIDE MONTH (June 1, 2022 - June 30, 2022)



As we welcome the month of June, we recognize National Cancer Survivors Day and Pride month, celebrating every single individual and their extraordinary uniqueness. Here at the Adelphi Breast Cancer Program, we honor, accept and respect all who courageously face breast cancer every single day.

The Adelphi Breast Cancer Program strongly supports the NYC Health LGBTQ Health Care Bill of Rights.

[Download](#) the PDF.

We are here for you!

Contact your elected officials TODAY!



Since 1980, the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** has played an essential role in providing New Yorkers with free, life-saving, public health, and licensed social work services. The program's funding of \$283,300 was not reinstated in the 2022-23 Executive Budget, as in previous years. The program urgently needs additional funding in order to continue addressing the needs of the breast cancer community. Contact your elected officials **TODAY** and request funding for the Adelphi NY Statewide Breast Cancer Hotline & Support Program. Use our templates, enter your name, print and mail.

Below are three ways you can be involved and help us advocate for funding:

- **[Download](#)** our letter template;
- **[Contact](#)** your local Senators;
- **[Utilize](#)** our sample social media posts for easy cutting and pasting.

#FundABCP

Preparing for Breast Reconstruction Surgery - Video



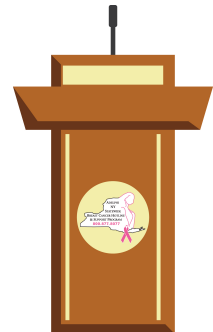
We are excited to share **"Preparing for Breast Reconstruction Surgery"** funded by a grant from the **Plastic Surgery Foundation**. This video features **George D. Xipoleas, MD, FACS** at **Long Island Plastic Surgical Group, PC** and **Angela Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program. Reconstruction is a personal decision and is available for anyone following breast cancer surgery.

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

Upcoming Forum

Yoga On The Lawn

Join us for a morning of relaxing yoga at the beautiful Adelphi University campus.





Join us for **Yoga on the Lawn** on **Friday, June 3, 2022 at 10:00 am**. This event will be held outside at the beautiful **Adelphi University campus** in Garden City, New York. We will be meeting on the lawn by the flagpole. This class is designed for beginners and is perfect for anyone looking to develop a practice of conscious, mindful movement. In case of rain, the class will be moved to **Friday, June 10, 2022 at 10:00 am**. *(Please bring your own yoga mat)*

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

Space is limited. Please register early to secure your spot. We will be closing registration once we reach capacity.

YOGA INSTRUCTOR:

Our class will be led by a yoga instructor from Campus Recreation at Adelphi University.

Date:

Friday, June 3, 2022

Rain Date:

Friday, June 10, 2022

Time:

10:00 am – 11:00 am

Place:

In-person at the beautiful Adelphi University campus. We will be meeting by the flagpole. **[Click here](#)** for directions

¿Se perdió nuestro taller sobre la detección y el diagnóstico del cáncer de mama este pasado 3 de Mayo de 2022?

Este taller fue grabado en español. [Haga clic aquí](#) para ver el video.

Did you miss our Screening and Diagnosing Breast Cancer forum on May 3, 2022?
This forum was recorded in Spanish. [Click here](#) to watch the video.



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.

For more information, questions and to register for a support group, call **800-877-8077** or email breastcancerhotline@adelphi.edu to pre-register. Pre-registration is required.

All groups are facilitated by a licensed social worker.

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.

GENERAL SUPPORT GROUP

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.

RECURRENCE SUPPORT GROUP

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

UNDER 40, YOUNG WOMEN'S GROUP

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

Meet with individuals who are diagnosed with Stage 4 Metastatic Breast Cancer.

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.

SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN

Call Adriana Valencia, LMSW (516) 877-4371.
Llame a Adriana Valencia, LMSW (516) 877-4371.

Cafecito

Cafecito is a Spanish language support group for long-term survivors of breast cancer.

Cafecito

Cafecito es un grupo de apoyo en español para sobrevivientes de cáncer de mama a largo plazo.

Para Nuestro Bienestar

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

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. 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



News and Press Releases

Program Highlights

Yoga On The Lawn



The Adelphi NY Statewide Breast Cancer Program is offering a yoga class for the breast cancer community on **Friday, June 3, 2022**, at 10 am (rain date: Friday, June 10, 2022, at 10 am). This event will be held outdoors at Adelphi University in Garden City and led by a yoga instructor from Campus Recreation.

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

Returning to Cancer Screenings

On May 12, 2022 Angelica Medina, Outreach Program Supervisor for Sisters United In Health provided a program in collaboration with the Nassau County Office for Health Equity and the Nassau Cancer Services Program called "Returning to Cancer Screenings". The program discussed the basics of breast, cervical and colorectal cancer.

[Click here](#) to watch the video

READ MORE

Cancer & Careers

12th Annual National Conference on Work & Cancer



The Adelphi Breast Cancer Program is pleased to partner with Cancer and Careers on the 12th annual National Conference on Work & Cancer, being held virtually on **Friday, June 24, 2022!**

This **FREE** virtual event will explore the complexities working people face as they balance their cancer treatment and recovery with employment. Topics include balancing treatment and work, legal rights, job search, self-care, disclosure decisions and more. CEs/PDCs available.

For more details or to register, please visit www.cancerandcareers.org/conference.

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

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 JUNE birthday

Gerard L.

A pink rectangular card with the words "HAPPY BIRTHDAY" in large, bold, black capital letters. To the right of the text are several pink balloons and streamers.

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.

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
