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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - July 2022



Wishing everyone a very safe and happy 4th of July!

Upcoming Forum

Snack and Chat:

An intimate chat on the caregiver journey





Join us for **Snack and Chat: An intimate chat on the caregiver journey** moderated by the **Adelphi Breast Cancer Program's** Volunteer and Hotline Coordinator, **Nina Foley, LMSW**.

Our program's Bilingual Social Worker, **Adriana Valencia**, **LMSW** and Volunteer, **Gerry Lennon**, will discuss their roles of being a social worker supporting caregivers and a caregiver to loved ones. This forum will be held on **Tuesday**, **August 2**, **2022 (12:00 - 1:00 pm) in person** at Adelphi University in the University Center (UC) Meeting Room #113/114. We will also be live streaming this forum on **zoom**.

Light refreshments will be available for our in person guests.

Click here for more information and to register!

Date:

Tuesday, August 2, 2022

Time:

12:00 pm - 1:00 pm

Place:

In person: This forum will be held at the Adelphi University campus. We will be meeting at the University Center (UC) Meeting Room #113/114. **Click here** for directions to Adelphi University.

Zoom: We will be live streaming this forum on **zoom.**

When registering, please select if you will be attending the forum in person or on zoom. If you select zoom, we will email you the login information.

If you have missed any of our past forums, please visit our <u>YouTube</u> channel to watch the videos.

Our 2022 forums are sponsored by

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

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 wil 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 and provide and receive support.

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

Individuals with Stage 4 Metastatic Breast Cancer will meet to share information, feelings, hopes, and coping strategies.

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 survivors of breast cancer who are post-treatment.

Cafecito

Cafecito es un grupo de apoyo en español para sobrevivientes de cáncer del seno que han terminado su tratamiento de quimioterapia o radiación.

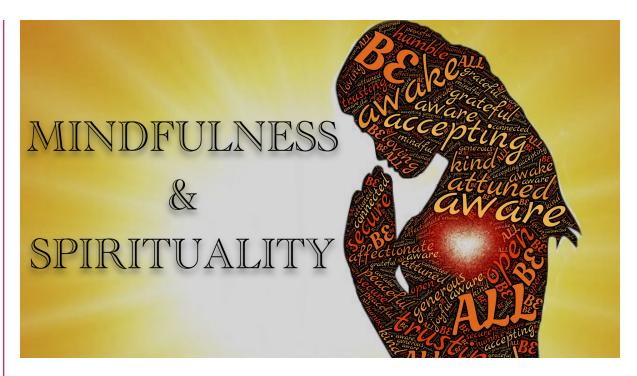
Para Nuestro Bienestar

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.

Register Today - Online Creative Arts Workshop



Join us on zoom for (4) consecutive Thursdays from 10:00 am - 11:30 am. (October 27, November 3, November 10 and November 17, 2022.)

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 will guide you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills. Our Mindfulness & Spirituality workshop will help you stay focused and aware of the present moment while exploring the relationship between spirituality, healing and art.

For more information and to register for a workshop, 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.

-SAVE THE DATEMARK YOUR CALENDARS FOR UPCOMING EVENTS THIS FALL

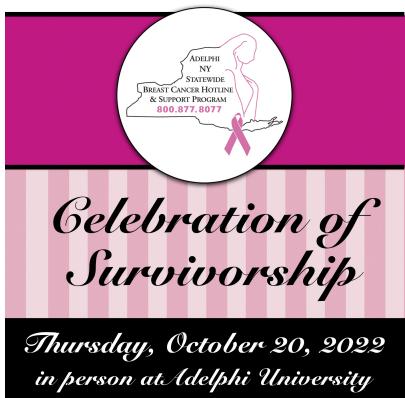
2nd Annual - Drive-In Movie Night Fundraiser September 23, 2022 (rain date September 30, 2022) To benefit the Adelphi Breast Cancer Program sponsored by Adelphi Student Activities Board.



Celebration of Survivorship (To be held in person) Thursday, October 20, 2022

*Stay tuned for more details

Save The Date



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

Adelphi Breast Cancer Program Receives Grant from Pink Aid, LI



The Adelphi NY Statewide Breast Cancer Hotline & Support Program is the recipient of a grant from the not-for-profit Pink Aid LI to provide bilingual counseling and assistance to underserved breast cancer patients at several local hospitals, along with food cards and transportation help to and from treatment.

Click here to read the article



Casting for Recovery

September 30 - October 2, 2022

Apply today for the <u>Casting for Recovery- Long Island</u> 2.5 day retreat for women with breast cancer, of all ages and in all stages of breast cancer treatment and recovery, at no cost to participants. The retreat will be held from September 30 - October 2, 2022 @ Courtyard Marriott, Central Islip, NY. To attend, apply online at **www.castingforrecovery.org** by July 22, 2022.



A national nonprofit support and educational program announces a 2½-day retreat for **women with breast cancer**, of all ages and in all stages of breast cancer treatment and recovery, at no cost to participants.

September 30-October 2, 2022 Courtyard Marriott • Central Islip, NY

Women are asked to apply to the retreat that is closest to where they live.

Please check our website for a list of retreats or give us a call.

Casting for Recovery's mission is to enhance the *quality of life* of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly fishing.

The retreats offer opportunities for women to:

• find inspiration • discover renewed energy for life • experience healing connections with other women & with nature

To submit your name for a chance to participate in this retreat



Apply online at www.castingforrecovery.org

by the **July 22, 2022** deadline.

CfR must receive your application by this date.

Names are selected randomly from applications received. Participants who have attended a retreat are not eligible to reapply.

If you do not have access to the internet, please mail or fax this form—to be received by CfR before the above deadline to Casting for Recovery * 109 E. Oak St., Ste 1G * Bozeman, MT 59715

Fax 406.624.6584 * Telephone 888.553.3500 * Email info@castingforrecovery.org

Please print clearly or we may not be able to process your application!	Today's date	
Retreat date September 30-October 2, 2022	Retreat location	Central Islip, NY
Name		
Address		
City	State	Zip
Day phone	Cell phone	
Email		
How did you hear about CfR?		
These questions are optional. The information is used solely for statistical purposes and will not affect your eligibility, nor will you be solicited for insurance.		
Ethnicity		
Do you have stage IV (metastatic) breast cancer that has spread beyond your lymph nodes to other parts of your body? No		
Are you a military veteran or active duty service member? ☐ Yes ☐ No		
Do you have health insurance? ☐ Yes ☐ No		

We currently plan to hold retreats in 2022 with COVID-19 safety protocols in place. We will keep applicants and participants updated on any change in status.

Casting for Recovery is a 501 (c) (3) nonprofit organization.

Research Opportunites

The STOP breast cancer clinical trial – <u>Stony Brook Medicine</u> 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 JULY birthday

Elizabeth V. Evelyn F.

Eileen E.

Patti B.



Anne H. Marge F.

DONATE

<u>Click here</u> 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

