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



800.877.8077 • breast-cancer.adelphi.edu

Monthly Newsletter - August 2022

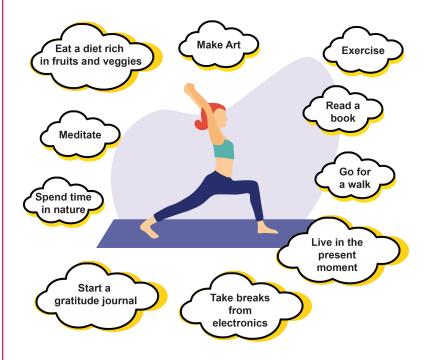


August is National Wellness Month

For **National Wellness Month**, focus on self-care, managing stress and promoting healthy routines. Create good habits in your lifestyle and see how much better you will feel!

IDEAS FOR HOW TO PRACTICE

SELF-CARE



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

Upcoming Forum

Snack and Chat:

An intimate chat on the caregiver journey





REGISTER TODAY! Join us tomorrow 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 #201. 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 #201. **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.

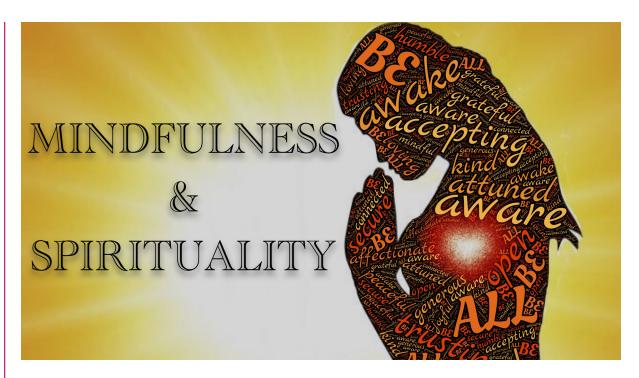
Para Nuestro Bienestar

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 DATE

MARK 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 and the Commuter Student Organization.

Presenting

A League of Their Own

Join us on September 23, 2022 (rain date September 30, 2022) at 6:30 p.m at Adelphi University, Garden City, NY

*Event details and registration coming soon!



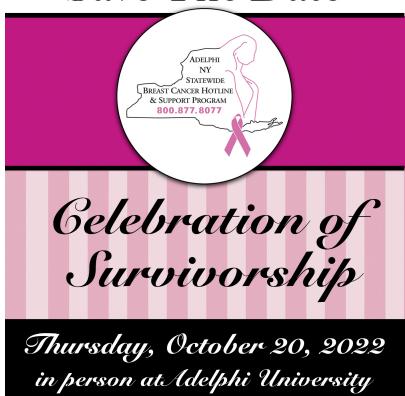
Celebration of Survivorship Thursday, October 20, 2022

Join us in person from 4:00 pm - 5:30 pm at the Ruth S. Harley University Center Ballroom Adelphi University, Garden City, NY

*Event details and registration coming soon!

Covid protocols will be updated and included on the invite to follow.

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

Support For Caregivers



The Adelphi NY Statewide Breast Cancer Program is hosting a forum for caregivers of cancer patients on **Tuesday, August 2nd**, from **noon to 1 pm**. The forum, **"An Intimate Chat on the Caregiver Journey"** will be held both in person at Adelphi University in the University Center Meeting Room (#113/114) in Garden City and on zoom.

Click here to read the article

READ MORE

The Adelphi Breast Cancer Program wishes our volunteers the happiest of birthdays!



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 $\underline{\text{National}}$ Cancer Institute.

If interested, please contact us at **(631) SB-Trial** (728-7425) or <u>CancerClinicalTrials@stonybrookmedicine.edu</u>

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





<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 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