

ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



## Monthly Newsletter - September 2022

**SELF**  
*care*  
**IS ESSENTIAL**



Take charge of your health today!

### September is Self-Care Awareness Month

September is the perfect time to practice prioritizing "me" time, because it's **Self-Care Awareness Month**. Here at the Adelphi NY Statewide Breast Cancer Program we encourage you to **take care of your health today!** We are sharing this message through our annual Breast Cancer Awareness Campaign.

Please share our "**Self-Care is Essential**" ad campaign with your friends and family and on your social media pages. Below you will find links to download our ad in English and Spanish.

As always, we are here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. Thank you for your continued support of the Adelphi NY Statewide Breast Cancer Hotline & Support Program: **800-877-8077**.



[Click here](#) to download a PDF of our ad in English

[Click here](#) to download a PDF of our ad in Spanish

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## September 15 - October 15, 2022 is National Hispanic Heritage Month



As we welcome the beautiful fall season and transition into September, there are endless symbols around us that serve as reminders to stop and savor the moments. The kaleidoscope of fall foliage, the clear, crisp morning air and the vibrant, fall flower gardens that burst with color, to name a few. These signs are also aligned with September's national theme of **Self-Care Awareness Month**, dedicated to enhancing well-being for all. The Adelphi Breast Cancer Program creates and offers programs designed to promote emotional and physical health, in a safe, inclusive environment that is accessible to all. Nutrition, yoga, mediation, and creative arts workshops (to name a few), are intended to decrease stress and represent some of our varied programs held throughout the year.

Coupled with this meaningful theme, we also embrace and celebrate National Hispanic Heritage Month. This year's theme encircles Unity; **Unidos: Inclusivity for a Stronger Nation**. As we celebrate and support Inclusivity for all, we reflect on the varied initiatives the Adelphi Breast Cancer Program has created, designed specifically to support the diversity of our communities. Our Sisters United in Health, "Hermanas Unidas en la Salud" program continues to support bilingual education and access to care to all, working tirelessly to eliminate breast health disparities. The BEST Program (Breast Education Screening & Treatment) provides a continuum of care, inclusive of bilingual social work services and comprehensive support groups to support individuals diagnosed with breast cancer. Our diverse staff strives to ensure that no one goes through their journey alone.

The mission of the Adelphi New York Statewide Breast Cancer Hotline and Support Program is to educate, support, empower, advocate and provide **HOPE** for **ALL** breast cancer patients, professionals, and the community. Support is a phone call or click away. Contact us (in English or Spanish) at **800.877.8077** or at <https://breast-cancer.adelphi.edu> to speak with a breast cancer volunteer or licensed social worker.

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## 2nd Annual Drive-In Movie Night Fundraiser



*Let's knock it out of the park!*

## Drive-In Movie Night Fundraiser to benefit the **Adelphi Breast Cancer Program.**

*\*Sponsored by the Adelphi Student Activities Board  
and the Commuter Student Organization*



**DATE:** Friday, September 23, 2022

**TIME:** 6:30 pm check in / 7pm movie

**PLACE:** Adelphi University

## SNACKS, RAFFLES...and more

## **\*\*FEATURING\*\***

### **A LEAGUE OF THEIR OWN**



©2020 Columbia Pictures Industries, Inc.

## **Join us for our 2nd Annual Drive-In Movie Night Fundraiser**

**Sponsored by the Adelphi Student Activities Board  
and the Commuter Student Organization**

**DATE:** Friday, September 23, 2022 / **Rain Date:** Friday, September 30, 2022

**TIME:** 6:30 pm check in / 7:00 pm movie

**PLACE:** Adelphi University – Parking Lot #5

**Click here** for directions to Adelphi University

**Tickets must be purchased in advance.**

Light refreshments are included with your ticket while supplies last!

Feel free to bring additional food and beverage to consume in your vehicle.

**\*\*Pink baseball hats will be provided to the first 200 people who attend.\*\***

**General Admission Ticket: \$45.00**

**\*Ticket prices are per car.**

**[Click Here](#) to Purchase Event Tickets**

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**Drive-In Movie Night Raffles**

Single tickets for \$20.00 each

Three tickets for \$50.00

*Tickets can be purchased by check or credit card only.*

**[Click Here](#) to see our raffle baskets and purchase tickets**

NOTE: Raffle winners will be announced at the Drive-in Movie event on Friday, September 23, 2022 (rain date: Friday September 30, 2022) and displayed on a sign at the raffle table. Winners do not need to be present. However, baskets must be picked up within two weeks of the event. If baskets are not picked up by Tuesday, October 11, 2022 the prize will be given to the runner up.

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**Drive-In Movie Night Sponsorship Opportunities**

Are you interested in becoming an event sponsor?

**[Click Here](#) to see our sponsorship opportunities.**

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**Celebration of Survivorship**

**Thursday, October 20, 2022 (4:00 - 5:30 pm)**



# Join us



## *-2022- Celebration of Survivorship*

Thursday, October 20, 2022

4:00 - 5:30 pm

at the Ruth S. Harley University Center Ballroom  
Adelphi University, Garden City, NY

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

**\*\*\*REGISTRATION IS NOW OPEN\*\*\***

Space is limited to 125 participants! Register soon to reserve your spot.  
Light refreshments will be available.

*As the event is held indoors, masks will be required. In the event COVID-19 cases rise and we are unable to meet in-person, we will pivot to a virtual event.*

**[Click Here](#) to register for the event.**

### **Speakers For The Evening**



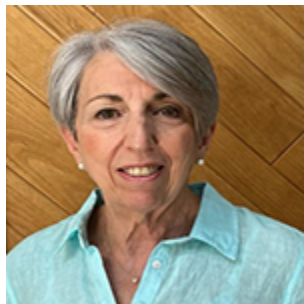
**SANDRA ALLEYNE**  
*Diagnosed in 2011*



**BRIDGET DESIMONE**  
*Diagnosed in 2018*



**VILDA ALBERTO PONCE**  
*Diagnosed in 2021*



**JANET SPOOL**  
*Diagnosed in 2016*

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**Celebration of Survivorship Journal**  
**[Click Here](#) to reserve your ad space!**

**This event is free but your support is EVERYTHING!**

**All ads must be received by [October 3, 2022](#).**

- **Full Page** (5.5"w x 8.5"h) **\$200.00**  
(Educational Forums)
  - **Half Page** (5.5"w x 4.25"h) **\$100.00**  
(One hour session with a social worker (English or Spanish))
  - **Quarter Page** (2.75"w x 4.25"h) **\$50.00**  
(Food card for an underserved breast cancer patient)
  - **Listing in Journal** **\$25.00**  
(Gift card for an underserved woman at the completion of her mammogram)
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## **Celebration of Survivorship Sponsorship Opportunities: [Click Here](#)**

### **Visionary \$5,000**

- Company name and logo will be listed as an official event sponsor in our digital journal. Please send us a blurb about your company to be included in the journal. You will also receive a **full page ad on the back inside cover** (5.5w x 8.5h), ***please note all ads must be submitted by October 3, 2022***. Submit camera-ready artwork. E-mail a PDF or .jpg to [knewman@adelphi.edu](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [knewman@adelphi.edu](mailto:knewman@adelphi.edu).
- Full-color large logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (on one post per week in October). ***\*After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release (***payment must be submitted by September 15, 2022***).
- Company logo to be listed on promotional emails. ***\*Promotional emails will contain company name after receiving sponsorship payment.***
- Reserved seating for four guests to attend.
- Recognition at event podium during the event.

### **Ambassador \$2,500**

- Company name and logo will be listed as an official event sponsor in our digital journal. Please send us a blurb about your company to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h), ***please note all ads must be submitted by October 3, 2022***. Submit camera-ready artwork. E-mail a PDF or .jpg to [knewman@adelphi.edu](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [knewman@adelphi.edu](mailto:knewman@adelphi.edu).
- Full-color medium sized logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (on one post per week in October). ***\*After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release (***payment must be submitted by September 15, 2022***).

- Company logo to be listed on promotional emails *\*Promotional emails will contain company name after receiving sponsorship payment.*
- Reserved seating for two guests to attend.

## Ally \$1,000

- Company name and logo will be listed as an official event sponsor in our digital journal. Please send us a blurb about your company to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h), **please note all ads must be submitted by October 3, 2022**. Submit camera-ready artwork. E-mail a PDF or .jpg to [knewman@adelphi.edu](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [knewman@adelphi.edu](mailto:knewman@adelphi.edu).
- Full-color small logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (on two posts in October). **\*After receiving sponsorship payment until the date of the event.**
- Company will be listed in the event press release (**payment must be submitted by September 15, 2022**).
- Company name to be listed on promotional emails. *\*Promotional emails will contain company name after receiving sponsorship payment.*

## Supporter \$500

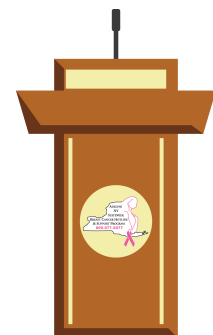
- Company name and logo will be listed as an official event sponsor in our digital journal. Please send us a blurb about your company to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h), **please note all ads must be submitted by October 3, 2022**. Submit camera-ready artwork. E-mail a PDF or .jpg to [knewman@adelphi.edu](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [knewman@adelphi.edu](mailto:knewman@adelphi.edu).
- Company name to be displayed on the event webpage.
- Social media promotion with tag, post, and mention (on one post in October). **\*After receiving sponsorship payment.**
- Company name to be listed on promotional emails *\*Promotional emails will contain company name after receiving sponsorship payment.*

## Forums

**Did you miss our forum on August 2nd?**

**Snack and Chat:**

An intimate chat on the caregiver journey



**Snack and Chat: An intimate chat on the caregiver journey** was 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**, discussed their roles of being a social worker supporting caregivers and a caregiver to loved ones.

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



## 8-week support groups now forming for the Fall.

[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](mailto: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.

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## GENERAL SUPPORT GROUP

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

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### **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.

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### **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.

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### **SUPPORT FOR STAGE 4 BREAST CANCER**

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

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## **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.

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### **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.

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## 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](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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### Spanish-speaking coordinator sought for Breast Cancer Program





The Adelphi NY Statewide Breast Cancer Hotline & Support Program, located in Garden City, New York on the campus of Adelphi University, seeks a bilingual/Spanish-speaking outreach coordinator for its Sisters United in Health/Hermanas Unidas en la Salud.

The coordinator is responsible for providing community-based breast cancer outreach, education and referrals for free or low-cost screenings in underserved communities across Long Island. All candidates must apply on the Adelphi website: <https://www.adelphi.edu/hr/open-positions> to be considered (under "Open positions: non-faculty").

*Now Hiring!*  
**BILINGUAL  
OUTREACH  
COORDINATOR**



Garden City, NY

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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)



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## News and Press Releases

### Program Highlights

### Drive-in Movie Night Fundraiser for Breast Cancer Hotline

August 11, 2022

The **Adelphi Student Activities Board** and the **Commuter Student Organization** is raising money for the Adelphi's Breast Cancer Hotline with a drive-in movie event on **Friday, September 23 at 6:30 pm**. The film is "**A League of Their Own**," a 1992 comedy drama starring Geena Davis, Madonna and Tom Hanks, about the WWII All-American professional women's baseball league.

[Click here](#) to read the article.

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## Adelphi Breast Cancer Program October Awareness Campaign

August 23, 2022

**"Self Care is Essential"** is the October Breast Cancer Awareness Month slogan of the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The campaign is urging individuals to take charge of their health and get a mammogram. "We know that early detection is our best chance for survival and less invasive treatment for breast cancer," says program director Reyna Machado.

**[Click here](#)** to read the article.

**READ MORE**

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



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### 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](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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**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 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

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