

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

800.877.8077 • breast-cancer.adelphi.edu



Monthly Newsletter - November 2022

SAVE THE DATE

**GI  ING
TUESDAY**

11.29.22

MARK YOUR CALENDAR!

Giving Tuesday - 11.29.22

#GivingTuesday is a global day of generosity taking place on November 29th. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is proud to be a part of this global celebration of giving that empowers people to give, collaborate, and celebrate generosity.

Please consider donating to the Adelphi Breast Cancer Program this #GivingTuesday!

Upcoming Forum



Register Today! **Spirituality, Faith and Breast Cancer: Finding Your Path and Inner Strength**

[Click here](#) to register for the forum

Join us for a special program to hear from three exceptional leaders within the Spiritual and professional community as we explore ways to draw strength during one's journey with breast cancer.

Date: Monday, November 14th, 2022

Time: 4 p.m.

This program will take place over **ZOOM**.
All registered guests will receive the link via email.

SPEAKERS

[click here](#) to learn more about our speakers



Reverend Petra Thombs

Unitarian Universalist Congregation of Central Nassau, Garden City



Dana Ribeiro Miller M.Div., MSW, LCSW, ACHP-SW
Palliative Social Worker Clinical Instructor of Medicine
NYU Long Island School of Medicine



Fr. Gregory Rannazzisi
Priest, Diocese of Rockville Centre
Pastor, St. Gerard Majella Parish in Port Jefferson Station
Pastor, Infant Jesus Parish in Port Jefferson

[Click here](#) to register for the forum

NOTE:

Once registered you will receive a confirmation email which includes the zoom link.

Spanish interpretation will be available during this program.

Nos complace compartir que este foro incluirá interpretación en español.

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.*

November is National Men's Health Awareness Month

BREAST CANCER... MEN GET IT TOO



**DON'T GO THROUGH
A BREAST CANCER
DIAGNOSIS ALONE**

Yes, men can get breast cancer. There are other men who have had mastectomies, radiation, chemo therapy, hormone therapy and reconstruction. You can speak with them, ask questions, share stories...call our hotline at **800.877.8077** for more information.

Be Aware of the Symptoms

- A lump or swelling, which is usually painless
- Skin dimpling or puckering
- Nipple pain
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

[Click here](#) for more information on breast cancer in men.

Did you miss our 2022 Celebration of Survivorship?



-2022-
*Celebration
of Survivorship*

[Click Here](#) to watch the video of the event and to view our Celebration of Survivorship journal.

[Thank you to all of our 2022 Celebration of Survivorship Sponsors](#)

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-Supporter Sponsor-

The DeMatteis Family

Adee and Don Hendler

LONG ISLAND PLASTIC SURGICAL GROUP, PC

Support Groups

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



8-week support groups

[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.

THE LOTUS CIRCLE

The Lotus Circle welcomes women who are newly diagnosed with breast cancer and undergoing treatment. The 8-week group seeks to provide a safe space for participants to discuss their diagnosis and explore helpful ways to rise from the challenges of a breast cancer diagnosis.

For more information and to register, call Adriana Valencia, LMSW (516) 877-4371.

This is an online group that will be meeting on Zoom.



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.

ONLINE CREATIVE ARTS WORKSHOPS

**Call Angela M. Papalia, LMSW at (516) 877-4329
or email apapalia@adelpi.edu.**

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.

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.

News and Press Releases

Program Highlights



Our dedicated volunteers were highlighted in Newsday's Life's Victories section

2022 Survivor Profile - Janet Spool

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

2022 Survivor Profile - Tim Hott

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

2022 Survivor Profile - Kathi Glass

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

Adelphi NY Statewide Breast Cancer Hotline & Support Program Revs Up for October

October 12, 2022

Every October, Adelphi students and community members lend their time and support to the breast cancer program.

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

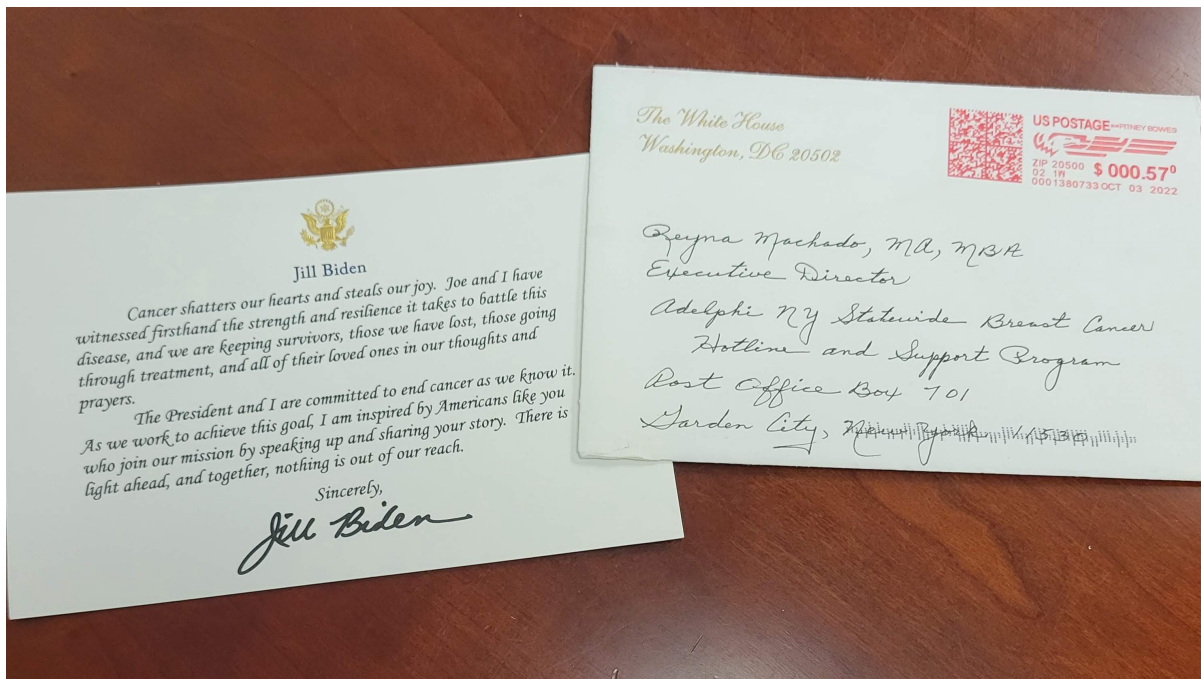
Adelphi Statewide Breast Cancer Hotline Seeks Volunteers

October 14, 2022

Cancer hotline needs volunteers to offer callers the shoulder of someone who's been there.

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

A note from the White House



[READ MORE](#)

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



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

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



ANY QUESTIONS EMAIL:
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)

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 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