



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)



### February is National Cancer Prevention Month

In honor of cancer prevention, we have put together **four videos** highlighting some of the key factors you need to make a part of your life to regain your health, stay healthy and feel your best.

**[Click here](#)** to watch our cancer prevention videos on our YouTube channel. These videos focus on how environmental factors, nutrition and exercise and smoking and alcohol can increase your cancer risk and ways to help prevent cancer by adopting a healthy lifestyle.



### February is Black History Month

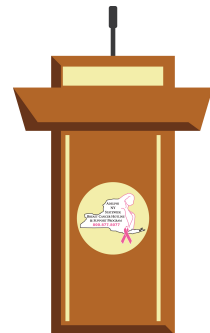


In honor of black history month, we are encouraging women to schedule their mammogram. ALL women should be concerned about breast cancer regardless of their race or ethnicity. Although the incidence of breast cancer is slightly lower in African American women than white women, statistics show that mortality or death rates are higher. Practicing early detection is crucial for African American women to increase the chances of detecting cancer as early as possible. The Adelphi NY Statewide Breast Cancer Hotline & Support Program is committed to eliminating these disparities by providing access to information, mammography screening, and support to improve breast cancer outcomes for Black women in our communities.

If you need a **mammogram** but don't know how to obtain one or do not have health insurance **contact us at 800.877.8077**.

---

## Upcoming Forum



Join us on zoom for a forum **5 Things To Know About Breast Reconstruction**. Dr. David Parizh, Board Certified Plastic Surgeon at **New York Plastic Surgical Group, a Division of Long Island Plastic Surgical Group**, will address the following topics:

- Reconstruction Options
- No one procedure is right for all women
- Insurance coverage for breast reconstruction
- Involving a plastic surgeon from the beginning
- Confidently choosing your plastic surgeon

**Date:** Friday, March 17, 2023

**Time:** 12:00 pm - 1:00 pm

**Place:** Zoom

Spanish interpretation will be available during this program.  
Nos complace compartir que este foro incluirá interpretación en español.

**[Click here](#)** to register for this forum.

---

If you have missed any of our past forums, please visit our **[YouTube](#)** channel to watch the videos.

**Our 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**



## **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](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.

---

**NEWLY DIAGNOSED**

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations in this group. **For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329. This is an online group that will be meeting on Zoom.**

---

### **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 (Now Forming)**

Free 6-week online support group, for Spanish-speaking breast cancer survivors. Led by a licensed social worker, each session of CAFECITO will cover topics relating to your survivorship journey, such as understanding follow-up care, changes to your body, intimacy & navigating the intricacies of life after cancer.

### **Cafecito (Ahora Formándose)**

El Adelphi Breast Cancer Program estará ofreciendo su grupo de apoyo, CAFECITO, para sobrevivientes del cáncer del seno en español. El grupo de 6 semanas es gratuito y tomará lugar a través de ZOOM. Dirigido por una trabajadora social licenciada, cada sesión de CAFECITO cubrirá temas relacionados con su supervivencia. Temas como su seguimiento, los cambios en su cuerpo, la intimidad y las complejidades de la vida después del cáncer serán exploradas.

---

### **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 WORKSHOP**



**REGISTER TODAY!**

**This group will be held on (4) consecutive Thursdays from 10:00 am – 11:30 am (EST) April 13, April 20, April 27 and May 4, 2023 on zoom.**

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 **Spring Into Wellness** workshop will focus on the importance of taking care of yourself and making positive changes to your lifestyle to promote health and well-being.

All **four** of our sessions will start with a **relaxation/breathing exercise**. We will then complete several **creative projects** focusing on **wellness**. Wellness includes our physical, mental, emotional, spiritual, social and environmental health that contribute to our overall wellbeing. Learn how to incorporate healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

This online workshop will accommodate **20** members. You must register to attend the workshop and all members must commit to attending the **entire 4-week session**. Our Creative Arts workshops are open to people dealing with a breast cancer diagnosis, survivors and/or caregivers.

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.**

**HOW TO REGISTER:**

For information and to register, please call **Angela M. Papalia, LMSW** at **(516) 877-4329** or email **[apapalia@adelphi.edu](mailto:apapalia@adelphi.edu)**.

---



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



---

## **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](mailto: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.

**Why Complete The Survey?** Your responses will help the scientific community improve breast cancer care during the COVID-19 Pandemic?

**Patients/Currently Undergoing Treatment:** <https://forms.gle/xPveAXvtEGESZS3M7>

If you have any questions, please email [\*\*molloyresearch2021@gmail.com\*\*](mailto:molloyresearch2021@gmail.com)



There are so many different ways you can help support, boost awareness, and raise funds for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program**. Get ready to create your very own **FUN**draiser!



Thank you to everyone who has supported us with facebook fundraisers, drive-in movie and exercise events. The annual "power of pink" jewelry collection, pink pumpkins, pink patch and halloween fundraisers have proven successful.

Your fundraising efforts allow us to provide outreach at community health fairs, host volunteer trainings, offer support groups, individual counseling, present educational forums and refer women to free or low-cost mammography screening.

Click here to [\*\*START YOUR FUNDRAISER\*\*](#) and fill out the form. We will share your fundraiser over social media, our website and in our monthly newsletter. We want to help you have a successful campaign!

---

## **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.

---

**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.

---

## **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](http://breast-cancer.adelphi.edu)

**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

---