



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

800.877.8077 • breast-cancer.adelphi.edu



January 2023 - Newsletter

[View Website](#)

Let's welcome the new year with a new hope, and a blank canvas to be painted by us.

Happy New Year!

We are here for you 365 days a year.

Breast Cancer does not take a break for the holidays.
We are here for you **365** days a year.



For assistance please contact us by phone, email or web.

call our hotline at **800.877.8077**

email our program at **breastcancerhotline@adelphi.edu**

visit our website at **breast-cancer.adelphi.edu**

You are not alone.

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.



(pictured above are some of our volunteers at the 2022 volunteer holiday party)



SOCIAL MEDIA

[facebook](#), [twitter](#), [instagram](#), [youtube](#), [pinterest](#)

WEBSITE

breast-cancer.adelphi.edu

HOTLINE

800.877.8077 - We are here for you 365 days a year!

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.

NEWLY DIAGNOSED - **Now Forming for January 2023**

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

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@adelphi.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.

FORUMS

Over the years many of our forums have focused on **self-care**. When life becomes stressful sometimes our feelings become too much. This is when we need to distract ourselves until we are better able to cope. Self-care can help change how we are feeling when things become too overwhelming.

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

[Click here](#) for more information on upcoming forums.

Our forums are sponsored by

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

TIPS TO HELP COPE WITH HOLIDAY STRESS

The holiday season can create additional stress for everyone. This tip sheet provides some tools to help cope.



Create new traditions. Find creative ways to celebrate with loved ones in a way that is comfortable and safe for you. Using virtual platforms, calling a loved one, or sending cards can help to stay connected during times when we are physically apart.

Enjoy special moments. Taking time to reflect upon the people, places and things that truly matter to you can be very rewarding, and can help us to stay focused on the positive things in life.

Don't put pressure on yourself. Honor the emotional place that you are in at the moment. If you are not feeling up to cooking a meal, it's okay not to cook! It's important to not place blame on yourself if you are not feeling up to doing what you typically do.

Stay in the moment. Taking time to truly enjoy the moment can help to 'slow down' and helps to remind us to take things one at a time. Embracing the moments helps us to celebrate the little things in life, which are sometimes the most important.

Use a journal, prayer or meditation to externalize your feelings. Having an outlet to express your feelings can be very powerful. Finding a tool that is most comfortable for you can be very helpful in getting through the difficult times.

Surround yourself with positive people. Eliminating negative influences and individuals can help to maintain your spirits and foster positive thinking.

Laugh. It's important to remember to have fun!! Laughter can be a very therapeutic tool and truly soothes the soul. Even in the most stressful times, laughter can provide a wonderful outlet and reminds us to not take ourselves too seriously.

IDEAS FOR HOW TO PRACTICE SELF-CARE



**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



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.

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
