



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu

NATIONAL PUBLIC HEALTH WEEK

Centering and Celebrating
Cultures in Health



April 2023 - Newsletter

[View Website](#)

National Public Health Week

April 3 - 9, 2023

Centering and Celebrating Cultures in Health



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

It's **National Public Health Week**! This year's theme is "Centering and Celebrating Cultures in Health" so join us as we continue to work towards healthier communities. Where we live impacts our health, having access to care and support within our community has a positive effect on our mental and physical health. Unfortunately, not everyone has access to the resources they need to lead healthy lives. Our **Sisters United in Health** initiative provides outreach, education, and referrals to reduce the barriers that many in our communities experience. [Click here](#) to learn more about our Sisters United in Health/Hermanas Unidas en la Salud initiative.

Show your appreciation of Public Health to keep our communities safe and healthy.
#ThankYouPublicHealth #NPHW

**Join us in Celebrating National Volunteer Week
April 16 - 22, 2023**



Each one of our volunteers brings a unique talent to their role of supporting the Adelphi Breast Cancer Support Program. Whether it is being a seasoned and determined voice helping patients to advocate for their rights navigating the health care system. Or, a quiet and compassionate voice listening to a newly diagnosed patient. Or, a volunteer who uses humor to break the ice. Each volunteer gives their best possible gift, themselves. Our volunteers inspire me every day with how committed they are to serving the needs of others. Each day is a day to celebrate their commitment to improving the lives of others.



Nina Foley, LMSW
Volunteer and Hotline Coordinator

If you are interested in volunteering and would like to be a part of our next training, please contact Nina Foley at:

Phone: 516.877.4315

Email: Nfoley@adelphi.edu

Human Library unjudge someone

April 20, 2023



Adriana Valencia, LMSW
Bilingual Social Worker
Adelphi Breast Cancer Program

Vilda Alberto Ponce
Breast Cancer Survivor

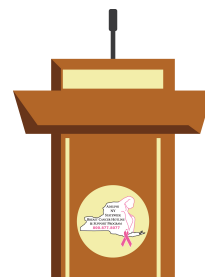
On April 20th, the **Adelphi University** campus, will be hosting it's very own **Human Library**. The Human Library is a concept born in Denmark through which people are "on loan" as human books — giving readers an opportunity to ask questions about their lived experiences and listen to their stories, first-hand.

The Adelphi Breast Cancer Program's very own **Vilda Alberto Ponce** and bilingual social worker **Adriana Valencia** have been selected to share their lived experiences. Vilda will be sharing with others how her breast cancer diagnosis in 2019 helped serve as a catalyst for positive change in her life, while Adriana will focus on how her upbringing in rural NY, helped shape her dream of helping others.

Through this event, the Adelphi University Libraries Diversity Council aims to celebrate diversity and promote inclusion by providing a safe and respectful space for individuals to come together and foster understanding.

The Human Library will be taking place at **Adelphi University's Swirbul Library, Room 5S on Thursday, April 20 from 5:00 p.m.-8:00 p.m.** Refreshments and food will be served.

Upcoming Forum





How Do I Love Thee? Let Me Count the Ways.

Join us on **ZOOM** for an intimate panel discussion about how different couples navigated their breast cancer. This forum will be moderated by licensed social workers.

No one is ever prepared to hear the words, “You have breast cancer.” A breast cancer diagnosis can shock and blindside individuals and couples alike. Even partners who are strongly committed to one another may face difficult moments when confronted with the extraordinary stress of breast cancer. Couples may be presented with changes in relationship roles, routines and responsibilities throughout a partner’s diagnosis, treatment, and recovery. Studies indicate that couples who cope best with breast cancer are able to address the illness as a team with a shared sense of purpose and responsibility.

Hear from **3 couples** who tackled breast cancer as a team, speak about the challenges they faced and the communication strategies that helped them grow.

Date: Monday, April 24, 2023

Time: 4:00 p.m. – 5:15 p.m.

Place: On Zoom

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

Did you miss our forum on March 17th?



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

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.

RECURRENCE SUPPORT GROUP (Now Forming)

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.

For more information and to register, call Nina Foley, LMSW (516) 877-4315 or email nfoley@adelphi.edu. This is an online group that will be meeting on Zoom.

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

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

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 (Now Forming)

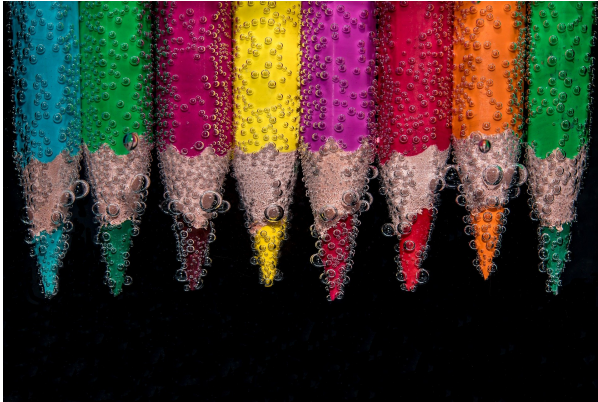
Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you may be experiencing with your diagnosis.

Para Nuestro Bienestar (Ahora Formándose)

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



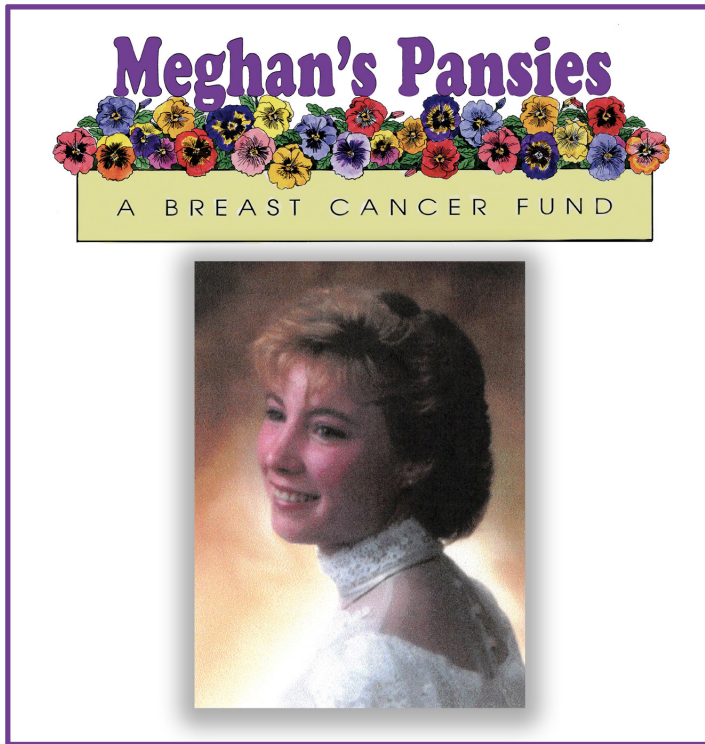
Our (4) week creative arts workshops empower participants to express themselves using art. This therapeutic program offers a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

For information on future workshops, 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.

Meghan's Pansies



Educating young women about breast cancer is the primary goal of **Meghan's Pansies**, a program of the Adelphi Breast Cancer Program. After Meghan Kenny Halloran's breast cancer diagnosis she decided to volunteer with our program. Meghan wanted to educate other young women about breast cancer. After the passing of Meghan at the early age of 31, her family and friends at Adelphi Breast Cancer Program created Meghan's Pansies to carry on her legacy.

The **Meghan's Pansies fund** has enabled Meghan's spirit and commitment to helping others live on. [Click here](#) to learn more about the Meghan's Pansies Fund.

Happy Administrative Professionals Day (April 26, 2023) to Michelle Lamberson!

Michelle, you do so much to keep this place going — and somehow, you do it with a smile on your face. Your positivity is a breath of fresh air. **Thank you!**





HAPPY ADMINISTRATIVE PROFESSIONALS DAY

Thank you for everything you do!

News and Press Releases

Program Highlights

How Do I Love Thee? Three Couples Count the Ways Breast cancer zoom forum on April 24.

In an honest panel discussion, three couples—Cindy and Bruce, Kim and Anthony and Tim and Sandy--will share how they successfully coped when faced with a breast cancer diagnosis. The free forum, sponsored by the Adelphi NY Statewide Breast Cancer Hotline & Support Program, will be held on zoom on Monday, April 24, from 4 pm to 5:15 pm.

[Click here](#) to read article



[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)

Support the Adelphi Breast Cancer Program



Support the Adelphi Breast Cancer Program

Adelphi NY
STATEWIDE
BREAST CANCER HOTLINE
& SUPPORT PROGRAM
800.877.8077

DO YOU LIKE A CHALLENGE?

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

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
