



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

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

*Be intentional.  
Be present.  
Be informed.*

**May 2023 - Newsletter**

[View Website](#)

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## **Spring is in the air.**

This is your reminder to **"Be intentional...Be present...Be informed."** The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is urging New Yorkers to schedule their mammograms and health screenings. People concerned about breast cancer can call the hotline at **800-877-8077** to find out how to get a free or low-cost mammogram in their communities or to get answers to questions they may have about breast cancer (in English or Spanish).

We have attached our ad in both English and Spanish as JPG images. Please feel free to share our ad on your social media accounts. If you would like a PDF or a different size, please contact us at **[knewman@adelphi.edu](mailto:knewman@adelphi.edu)**.

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## **May is Mental Health Awareness Month**



Our Social Workers help to empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, our **Social Workers** help people to find strength in coping with some of life's greatest challenges. Individual and family counseling is provided by our licensed social workers. Individual telephone counseling is available statewide along with counseling in English and Spanish. Learn more about how our social workers can help. [Click here](#) to meet our amazing team.

**All services are free and confidential.**

**Call us at: 1.800.877.8077. Our licensed Social Workers, and trained volunteers are here to help. Mental health matters; you are not alone.**

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**Celebration of Survivorship 2023**  
**Thursday, October 19, 2023**  
**Event Details Coming Soon!**

# Save The Date



## *Celebration of Survivorship*

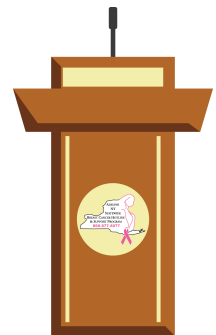
*Thursday, October 19, 2023  
in person at Adelphi University*

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**Did you miss our forum on April 24th?**



**How Do I  
Love Thee?  
Let Me Count  
The Ways.**



**[Click here](#) to watch the video from this forum.**

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**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.

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## 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.

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### 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.**

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### RECURRENCE SUPPORT GROUP (Now Forming)

Individuals who have a breast cancer recurrence will have the opportunity to meet with others in similar situations. They will share experiences, information, feelings, and provide and receive support.

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

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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**

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.

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### **Para Nuestro Bienestar (Now Forming)**

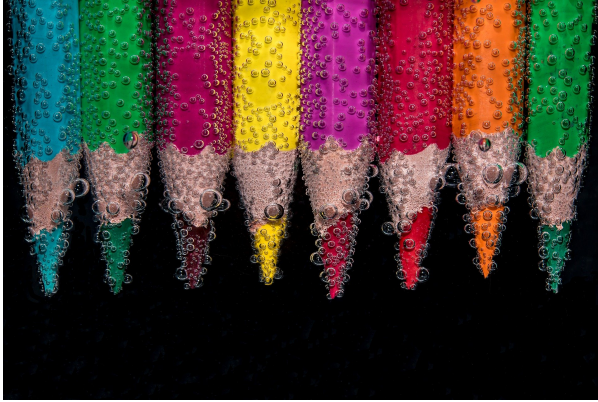
Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you may be experiencing with your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

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## **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](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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## News and Press Releases

### Program Highlights



#### Be intentional...be present...be informed

**Adelphi NY Statewide Breast Cancer Hotline & Support Program** is urging New York women to schedule mammograms and health screenings. "Be intentional...be present...be informed..." read the ads that are being published as a community service throughout the state.

[Click here](#) to read article

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#### How do I love thee? Three Couples Counted The Ways Article To Be Featured In: Forest Hills Living Magazine this May

Even partners who are strongly committed to one another may face difficult moments when confronted with the extraordinary stress of breast cancer. The three couples talked about their journeys through breast cancer and how they have continued to have lives filled with activity and joy.

[Click here](#) to read article

[READ MORE](#)

## Cancer & Careers

13th Annual National Conference on Work & Cancer

# NATIONAL CONFERENCE ON WORK & CANCER



## 6.23.2023

VIRTUAL | 8:45AM - 5PM ET

**REGISTER TODAY**

### SPONSORS:

Genentech | P&G Beauty | Eisai | Pfizer Oncology | QVC  
BrickHouse Security | The Leukemia & Lymphoma Society | Servier Pharmaceuticals | Allsup

Cancer and Careers' 13th annual National Conference on Work & Cancer will be held on zoom on **Friday, June 23, 2023!** This free, daylong event brought together patients, survivors, caregivers, healthcare professionals, advocates, employers/HR, advocates and others touched by cancer to explore the complexities of balancing treatment and recovery with employment.

**[Click here](#)** for more information and to register.



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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.



**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>

**In Remission:** <https://forms.gle/22vmcWo37XWEQgok7>

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



**Molloy Research 2021** at [gmail.com](mailto: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 ANON/YNACUS 5- 15 minute survey about YOUR EXPERIENCE with Breast Cancer during COVID-19.



**In Remission**  
<https://forms.gle/2ZmncW6o37XWEEQp6k7>



**Patients Currently Undergoing Treatment**  
<https://forms.gle/xPv7AXvxEGESZ3M7>



## 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



## 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!

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## **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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**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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## **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!

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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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