



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu

JUNE is *National*
CANCER
SURVIVOR
MONTH



June 2023 - Newsletter

[View Website](#)

June is National Cancer Survivor Month

National Cancer Survivor Month is a time to increase awareness about life after cancer. The volunteers at The Adelphi Breast Cancer Program know what you are going through. They are ready to offer information regarding mammography screening referrals, treatment, support services and survivorship resources. Read our [volunteers](#) [encouraging testimonials](#) on life after cancer.

Pride Month (June 1, 2023 - June 30, 2023)



As we welcome the month of June, we recognize **National Cancer Survivors Day and Pride month**, celebrating every single individual and their extraordinary uniqueness. Here at the Adelphi Breast Cancer Program, we honor, accept and respect all who courageously face breast cancer every single day.

The Adelphi Breast Cancer Program strongly supports the NYC Health LGBTQ Health Care Bill of Rights.

[Download](#) the PDF.

We are here for you!

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*

Become an event sponsor:

Click here to see our sponsorship opportunities and the included benefits.

Reserve space in our digital journal:

Click here to reserve your ad space in our digital journal.

- **Full Page** (5.5"w x 8.5"h) **\$200.00**
(Educational Forums)
- **Half Page** (5.5"w x 4.25"h) **\$100.00**
(One hour session with a social worker (English or Spanish))
- **Quarter Page** (2.75"w x 4.25"h) **\$50.00**
(Food card for an underserved breast cancer patient)
- **Listing in Journal** **\$25.00**
(Gift card for an underserved woman at the completion of her mammogram)

Upcoming Forum



Serendipity:

Embark on a creative adventure.



Join us in person at Adelphi University on a guided adventure promoting creativity. Participants are encouraged to experiment with art and trust their imaginations. Throughout this forum, we will be completing several unique activities igniting your creative spark. We will be working with a variety of different techniques and mediums during this forum. All levels are welcome to join and we invite you to let go, relax and create your individual masterpiece.

In addition to our creative adventure, we will also be learning and practicing different breathing exercises. These exercises will teach you how to disengage from distracting thoughts and sensations. Breathing exercises have many health benefits such as improving immunity, calming down anxiety, increasing sleep quality, improving cardiovascular health, aiding in concentration, reducing inflammation, strengthening lungs and more.

****Space is limited to 40 participants****

Art supplies will be provided for all exercises.
Registration is required to attend this forum.

Date: Tuesday, July 11, 2023

Time: 10:00 am - 11:30 am

Place: Adelphi University, Garden City **(details will be provided upon registration)**

[Click here](#) for more information and to register for this forum

SAVE THE DATE

Nutrition Forum

Friday, September 22, 2023
12 pm on Zoom

Speaker:

Heather Dawn Zinkin, MD
Chief Radiation Oncology, Northwell Health



This online forum will focus on nutrition for breast cancer patients/survivors.

****details and registration coming soon****

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

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

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. 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.

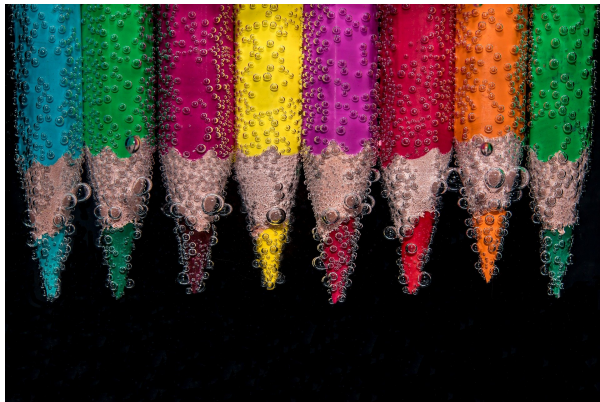
Para Nuestro Bienestar

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



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.

News and Press Releases

Program Highlights



Serendipity: A special creative forum for breast cancer patients, survivors and caregivers on July 11

The Adelphi NY Statewide Breast Cancer Program is offering a free guided art adventure for breast cancer patients, survivors and caregivers to light their creative sparks by making art through a variety of different techniques and mediums. The in-person workshop will be held on Tuesday, July 11 from 10 am to 11:30 am at Adelphi University in Garden City (room details will be provided upon registration).

[Click here](#) to read article

On Tuesday, May 9, 2023 NBC New York aired a story "New Guidelines Urge Women to Start Breast Cancer Screenings at Age 40" our very own Angela Papalia, Assistant Director at the Adelphi Breast Cancer Program was interviewed.

[Click here](#) to watch the video



As seen on social media



In the month of April, Adelphi Breast Cancer Program member, Vilda Alberto, as well as bilingual social worker, Adriana Valencia participated in the **Human Library** project hosted by Adelphi University.

Vilda engaged with participants and spoke about her experience as a breast cancer survivor and the various barriers she faced accessing care as an immigrant and limited English proficient (LEP) patient. Vilda also highlighted how reaching out for support and taking part in Adelphi Breast Cancer Program's Para Nuestro Bienestar support group, helped address the emotional impact of her cancer diagnosis and treatment.

Social worker Adriana Valencia shared with participants how her unique upbringing as a second-generation immigrant in upstate New York led her to pursue a career in social work and seeking to address health inequities. Adriana has been part of the Adelphi team for three years helping provide supportive services to our clients, including a growing number of Spanish-speaking clients.

The Human Library is an international organization and movement that first started in Copenhagen, Denmark, in 2000. It aims to address people's prejudices by helping them to talk to those they would not normally meet. The organization uses a library analogy of lending people rather than books.

[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.

**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

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



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!

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
