



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

800.877.8077 • breast-cancer.adelphi.edu



July 2023 - Newsletter

[View Website](#)

***Wishing everyone a
safe and happy 4th of July!***

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 Forums





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.

REGISTRATION IS ALMOST FULL!

Only a few openings remain to attend this forum. If you are interested in registering please call **Angela Papalia, LMSW at 516-877-4329**. RSVPs will be taken on a first come, first served basis.

If at any point after registering for the forum you are unable to attend, we ask that you please email us at knewman@adelphi.edu.

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.

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



Online Support Groups

[Click here](#) to see our support group schedule.

To participate in one of the listed support groups please call our Hotline at **800.877.8077** or email **breastcancerhotline@adelphi.edu** to pre-register. **All groups are free but registration is required. All groups are facilitated by a licensed social worker.**

All groups are facilitated by a licensed social worker of the Adelphi Breast Cancer Program. These programs are 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 (within the past 18 months) will have the opportunity to meet with others and receive support.

For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329.

RECURRENCE SUPPORT GROUP

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others and receive support.

For more information and to register, call Nina Foley, LMSW (516) 877-4315.

UNDER 40, YOUNG WOMEN'S GROUP

Women under the age of 40 who are diagnosed with breast cancer have specific needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.

For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329.

SUPPORT FOR STAGE 4 BREAST CANCER

Individuals with Stage 4 Metastatic Breast Cancer will meet to share information, feelings, hopes, and coping strategies.

For more information and to register, call Lois Goetz, LMSW, ACSW (516) 877-4347.

SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN

Cafecito

Cafecito is a Spanish language support group for breast cancer survivors 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.

Call Angela M. Papalia, LMSW (516) 877-4329.

Llame a Angela M. Papalia, LMSW (516) 877-4329.

Para Nuestro Bienestar

Para Nuestro Bienestar is a Spanish language support group for women who are newly diagnosed (within the last 18 months) to meet with others and receive support.

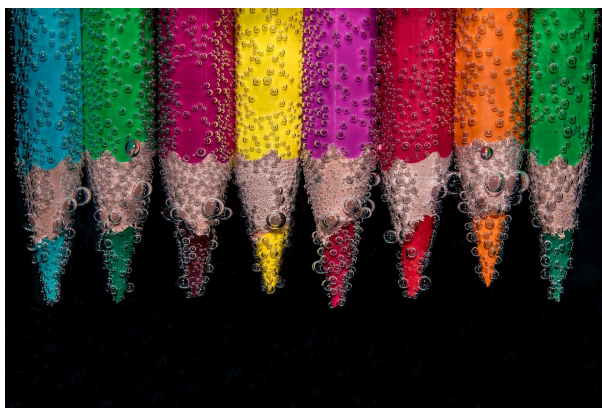
Para Nuestro Bienestar

Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama (en los últimos 18 meses) para conocer a otras y recibir apoyo.

Call Adriana Valencia, LMSW (516) 877-4371.

Llame a Adriana Valencia, LMSW (516) 877-4371.

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**.

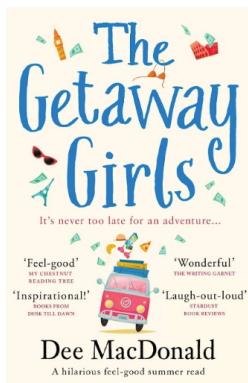
Our creative arts workshops are facilitated by **Angela M. Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program along with **Kimberly Newman, BFA**, Communications and Marketing Coordinator for the Adelphi Breast Cancer Program.

The Warriors Book Club



Join us on **zoom** on **Monday, July 10, 2023** from **7:00 pm – 8:00 pm**. Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, laugh out loud and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer. This club will provide the opportunity to connect with others and share an uplifting book.

The book we will be discussing on July 10th is The Getaway Girls by Dee MacDonald.



For more information and to register for our Warriors Book Club, please contact Nina Foley at 516-877-4315 or email at nfoley@adelphi.edu.



News and Press Releases

Program Highlights



Our very own Adriana Valencia, MSW wrote an article which was published in the Association of Oncology Social Work (AOSW) online newsletter. The article focuses on Caring for Breast Cancer Patients in Underserved Communities.

[Click here](#) to read the article

The **Adelphi NY Statewide Breast Cancer Program** is starting a life-affirming book club called the **Warriors Book Club** that is open to anyone affected by breast cancer. The group will zoom on **Monday, July 10, from 7 pm to 8 pm.**

[Click here](#) to read the article

[READ MORE](#)

**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



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



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
