



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



August 2023 - Newsletter

[View Website](#)

August is National Wellness Month

For **National Wellness Month**, focus on self-care, managing stress and promoting healthy routines. Incorporating small rituals into your everyday routine can bring comfort, create better lifestyle habits, and set positive intentions while also uncovering a deeper purpose.

SIMPLE, EVERYDAY SPIRITUAL PRACTICE IDEAS



1. **Start the Day With a Short Meditation or Prayer**

This can mean reciting a prayer, practicing a quiet moment of mindfulness, or listening to a guided meditation. Just setting aside a few minutes a day to connect will encourage a peaceful, grateful mindset for a successful day.

2. **Walking Meditation**

Take time to reconnect with yourself. Walking in a purposeful and conscious way can become

a spiritual practice. It gives you a chance to clear your mind and reflect.

3. Take Short Spirit Breaks

Take regular breaks throughout the day to help improve health, wellness, and performance in work. This could be a simple yoga stretch, deep breathing or sitting outside for 5 minutes.

4. Count Your Blessings

Try keeping a gratitude journal to reflect on all the good things happening in your life.

5. Find a Spiritual Community

This can be different for each person. Finding a group with like-minded people who share your values. This could be attending a yoga class, visiting a temple, church or spiritual organization or attending a festival etc.

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

Celebration of Survivorship 2023

Thursday, October 19, 2023 (4:30 pm - 6:00 pm)

Join us



-2023- Celebration of Survivorship

Thursday, October 19, 2023
4:30 - 6:00 pm

at the Ruth S. Harley University Center Ballroom
Adelphi University, Garden City, NY

*****REGISTRATION IS NOW OPEN*****

[Click Here](#) to register for the event.

Join us in person from 4:30 pm - 6:00 pm
at the Ruth S. Harley University Center Ballroom
Adelphi University, Garden City, NY

A light supper will be served.

Speakers For The Evening

Sabine Hairabedian

Tanya Crawford

Tim Hott

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.

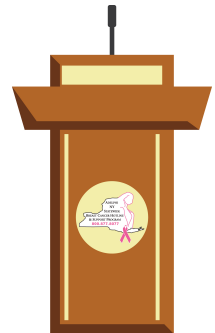
- **Full Page** (5.5"w x 8.5"h) **\$200.00**
(Educational Forums)
- **Half Page** (5.5"w x 4.25"h) **\$100.00**
(One hour session with a social worker (English or Spanish))
- **Quarter Page** (2.75"w x 4.25"h) **\$50.00**
(Food card for an underserved breast cancer patient)
- **Listing in Journal** **\$25.00**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

Thank you to our 2023 Sponsors

NEW YORK
PLASTIC SURGICAL GROUP
A DIVISION OF LONG ISLAND PLASTIC SURGICAL GROUP, PC

Upcoming Forum

**Surviving Breast Cancer: Empower yourself with
nutrition and healthy lifestyle**





Friday, September 22, 2023
12:00 - 1:00 pm on Zoom

Speaker:

Heather Zinkin, MD

Chief, Radiation Medicine, Huntington Hospital
Department Radiation Medicine, Northwell Health
Zucker School of Medicine at Hofstra/Northwell

Join us on **ZOOM** for the **Surviving Breast Cancer: Empower yourself with nutrition and healthy lifestyle** forum. Dr. Heather Zinkin will provide important information to empower patients to take hold of their health. Topics that will be discussed include health screenings, prevention, vaccines, and more.

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

***The zoom link will be emailed to you once registered.**

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.

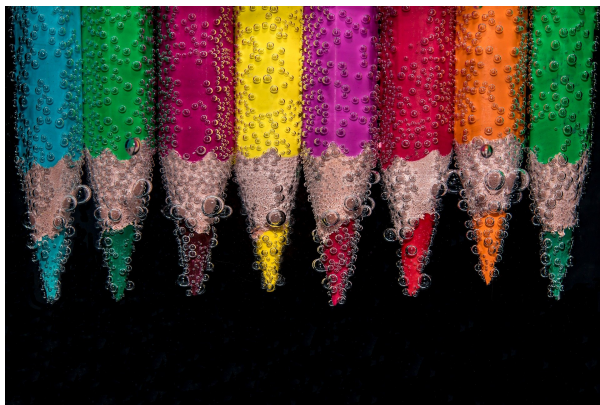
Para Nuestro Bienestar

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

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

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 Meetings

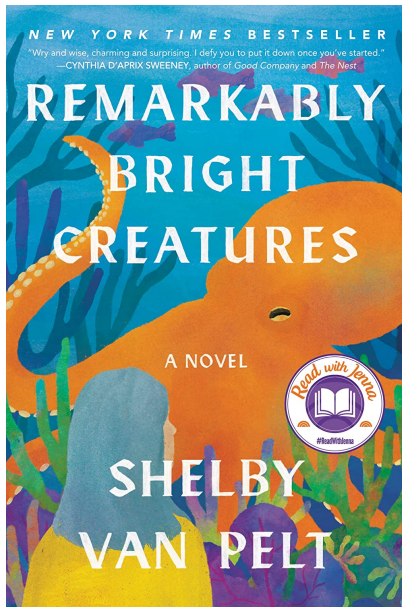


Participation in the Warriors Book Club will provide you with a wonderful, feel-good, laugh out loud and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer. This club will provide the opportunity to connect with others and share an uplifting book.

Thursday, September 14, 2023

Join us on zoom on from 7:00 pm - 8:00 pm

The book we will be discussing on September 14th is:
Remarkably Bright Creatures by Shelby Van Pelt.



For more information and to register for our September 14, 2023 Warriors Book Club Meeting on zoom, please contact Nina Foley at 516.877.4315 or e-mail at nfoley@adelphi.edu.

Monday, October 23, 2023

**Join us for a special in-person Warriors Book Club meeting
from 3:30 pm - 5:00 pm
at Adelphi University
Ruth S. Harley University Center (Room 113/114)**

The book we will be discussing on October 23rd is:
Save What's Left by Elizabeth Castellano.

*****Guests will have the opportunity to meet and chat with author Elizabeth Castellano.***



Book Description: An outrageously funny debut novel about a woman who moves to a small beach town looking for peace, only to find herself in an all-out war with her neighbors.



About The Author:

Elizabeth Castellano grew up in a beach town. She lives in New York. *Save What's Left* is her debut novel.

[Click here](#) to register for our October 23, 2023 in-person Warriors Book Club Meeting.

Join Our Family of Volunteers

Are you a breast cancer survivor?

Are you looking for meaningful ways to contribute to your community?



- Get trained to volunteer in the following areas:
- Community outreach
- Educational presentations
- Hotline
- Speaking engagements
- Publicity
- Fundraising

Join us on zoom for an Online Volunteer Training

10 am - 1 pm on 10.30.23, 11.6.23, 11.13.23, and 11.20.23

We ask that you please commit to all 4 sessions.

Our process involves having an initial interview after you confirm that you are interested and available, followed by the training sessions, and finally an exit interview to decide if the program is a good fit for you and you are a good fit for the program

For more information on our online Volunteer Training, please contact Nina Foley at 516.877.4315 or e-mail at nfoley@adelphi.edu.

News and Press Releases

Program Highlights

Become a Volunteer with the Adelphi Breast Cancer Hotline & Support Program

Compassionate women and men—both breast cancer survivors and non-breast cancer survivors—are being sought as volunteers.



[Click here](#) to read the press release

Zoom Workshop: Nutrition and Healthy Living

A free forum for Breast Cancer Survivors

"Surviving Breast Cancer: Empower yourself with nutrition and a healthy lifestyle" is a free forum to be held on Friday, September 22 from 12 noon to 1 pm on zoom.

Dr. Heather Zinkin, a radiation oncologist at Northwell Health in Huntington, will provide important information to empower patients to take hold of their health. Topics to be discussed include health screenings, prevention, vaccines, and more.

[Click here](#) to read the press release

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



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
