



ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

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

SAVE THE DATE

GIVING  
TUESDAY

11.28.23

November 2023 - Newsletter

[View Website](#)

## Mark Your Calendar! Giving Tuesday - 11.28.23

**#GivingTuesday** is a global day of generosity taking place on November 28th. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is proud to be a part of this global celebration of giving that empowers people to give, collaborate, and celebrate generosity.

Please consider donating to the Adelphi Breast Cancer Program this **#GivingTuesday!**

**Can't wait till November 28th, start giving today!**

**GIVE NOW!**

**November is National Men's Health Awareness Month**

# BREAST CANCER... MEN GET IT TOO



**DON'T GO THROUGH  
A BREAST CANCER  
DIAGNOSIS ALONE**

**Yes, men can get breast cancer.** There are other men who have had mastectomies, radiation, chemo therapy, hormone therapy and reconstruction. You can speak with them, ask questions, share stories...call our hotline at **800.877.8077** for more information.

## **Be Aware of the Symptoms**

- A lump or swelling, which is usually painless
- Skin dimpling or puckering
- Nipple pain
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

**Click here** for more information on breast cancer in men.

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**Did you miss our 2023 Celebration of Survivorship?**

# Thank You



**-2023-  
Celebration  
of Survivorship**

**Click Here** to watch the recording of the event.  
You can also view our digital journal by **clicking here**.

**Thank you to our 2023 Sponsors**

**The DeMatteis Family**

**Kathi and Jeff Glass**

**Adee and Don Hendler**

**Karen Kostroff, M.D.**

*Natrelle*

**Neil Tanna, M.D., MBA**

## Special Thanks To...

**Chartwell's at Adelphi Dining Services**  
**Digital Graphic Imagery Corp.**  
**Hicks Nurseries Inc., Westbury, NY**

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## 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\*\*](mailto: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.

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### **NEWLY DIAGNOSED (Now Forming)**

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.**

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### **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.**

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### **UNDER 40, YOUNG WOMEN'S GROUP (Now Forming)**

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.**

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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.

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

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## **SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN**

### **Cafecito (Now Forming)**

Cafecito is a Spanish language support group for breast cancer survivors who are post-treatment.

### **Cafecito (Ahora Formándose)**

Cafecito es un grupo de apoyo en español para sobrevivientes de cáncer del seno que han terminado su tratamiento de quimioterapia o radiación.

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

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

**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM  
800-877-8077**

***El Programa del Cáncer del Seno de Adelphi te invita a  
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.



**No estás sola.**

Para más información o para inscribirse,  
por favor de comunicarse con  
**Adriana Valencia, LMSW**  
al **516-877-4371** o por correo electrónico a  
**[avalencia@adelphi.edu](mailto:avalencia@adelphi.edu)**

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



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**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.

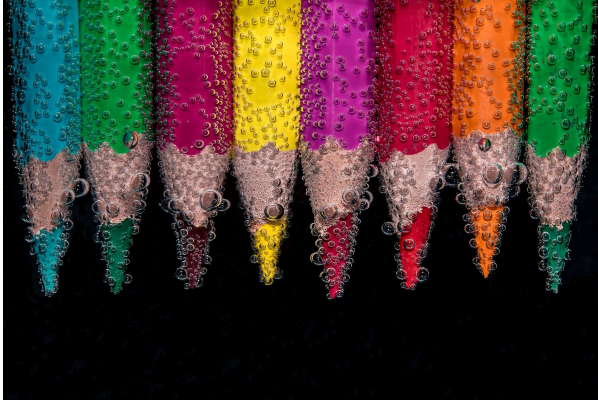
**Para Nuestro Bienestar**

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.**

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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.

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## Upcoming Forum



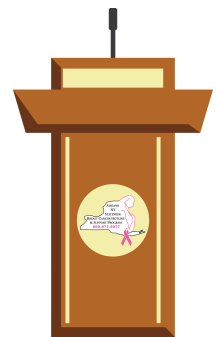
# Coping With The Holidays

**[Click here](#) to register**

**Thursday, November 9, 2023  
12:00 - 1:00 pm on Zoom**

Join us on ZOOM for our Coping With The Holidays forum. **Cara Livoti, LCSW**, Social Worker at NYU Langone's Perlmutter Cancer Center will be discussing different ways to cope with stress during the holiday season.

**Speaker:**





Cara Livoti, LCSW  
*Social Worker at NYU Langone's Perlmutter Cancer Center*



**Click here** for more information and to register.  
**\*The zoom link will be emailed to you once registered.**

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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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## **News and Press Releases**

### **Program Highlights**

#### **Congratulations to Lyn Dobrin!**

Adelphi Breast Cancer PR Consultant Lyn Dobrin was honored for her volunteer public relations work with **Westbury Arts** at a gala recently at Westbury Manor. With her are Arthur Dobrin, Westbury School Board President Robert Troiano, Westbury Arts President Julie Lyon and Nassau County Legislator Siela Bynoe.







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### **Strategies for Coping with the Holidays**

Coping with the Holidays, a free forum sponsored by the Adelphi NY Statewide Breast Cancer Hotline and Support Program, will be held on Thursday, November 9 from 12 noon to 1 pm on zoom. Oncology social worker Cara Livoti, LCSW, offers expertise in the ways individuals can utilize healthy coping strategies during the holiday season. Participants will also learn about the multitude of support services offered from both hospital and community based social workers.

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

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### **News at Adelphi - Headlines**

#### **The Adelphi NY Statewide Breast Cancer Hotline & Support Program Hosts It's Annual Celebration of Survivorship**

Every October, during Breast Cancer Awareness Month, the Adelphi NY Statewide Breast Cancer Hotline & Support Program celebrates survivorship - and being there for those affected by breast cancer.

[Click here](#) to read the article

**READ MORE**

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## **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!

**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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**The Adelphi Breast Cancer Program  
wishes our volunteers  
the happiest of birthdays!**



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## **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](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.

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](mailto:molloyresearch2021@gmail.com)



## 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!



## 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

Please visit our website at [www.myorganization.com](http://www.myorganization.com).  
Donate to our cause at [www.myorganization.com/donate](http://www.myorganization.com/donate).

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