Monthly Newsletter: November, 2018

Upcoming Forums

All forums are FREE and open to the public. All forums are held at the Alumni House at Adelphi University (154 Cambridge Avenue, Garden City).

Seating is limited. Reservations are required.

Breast Reconstruction - Know Your Options
Tuesday, November 27, 2018

Reconstruction after a mastectomy is a significant step towards healing from a breast cancer diagnosis. A panel of experts will discuss the process of reconstruction, new developments in surgery and the psychosocial aspects of reconstruction. The panel will be comprised of two surgeons and patients, and an empowerment specialist.

Speakers:
Please click here to read the speakers bios

Dr. Noël B. Natoli, MD, FACS
Plastic Surgeon specializing in Breast Reconstruction, Long Island Plastic Surgical Group, PC

Anne Hogan
Reconstruction Patient of Dr. Natoli, Volunteer with the Adelphi Breast Cancer Program

Dr. Ron Israeli, MD, FACS
Plastic Surgeon specializing in Breast Reconstruction, Aesthetic Plastic Surgery, PC
Lucienne Colombo
Reconstruction Patient of Dr. Israeli

Mollie Sugarman
Clinical Director, Patient Empowerment Program, Aesthetic Plastic Surgery, PC

This forum is free and open to the public.
It will be held at Adelphi’s Alumni House (154 Cambridge Avenue, Garden City)

REGISTRATION (reservations are required)
When registering please specify which forum you will be attending

Call 516-877-4325 or
email breastcancerhotline@adelphi.edu or
register online click here

The Breast Reconstruction forum is made possible by grants from
The Plastic Surgery Foundation and Sientra FULL CIRCLE

If you are unable to attend this forum, you can watch it on FACEBOOK LIVE:
www.facebook.com/adelphibreastcancerhotline

Balancing Work, Finances & Cancer
Tuesday, December 11, 2018

Adelphi New York Statewide Breast Cancer Hotline & Support Program is partnering with Cancer and Careers to provide this educational forum on how to balance work and cancer and manage your finances during and after a cancer diagnosis.

This presentation will explore the practical and legal issues that sit at the intersection of work and cancer, including deciding whether or not to work during treatment, privacy & disclosure, managing side effects and other challenges in the workplace, tips for job-hunting and job re-entry, and more.

Presented by: Christine Brennan
Director of Programs, Cancer & Careers
Click here to read her bio

Managing Finances Webinar
This webinar will cover tips for improving financial health after a cancer diagnosis and treatment, including steps to rebuild your credit, how to deal with medical bills, options for financial assistance, and things to think about before considering filing for bankruptcy. We will watch this webinar together and have a discussion after.

This forum is free and open to the public. It will be held at Adelphi’s Alumni House (154 Cambridge Avenue, Garden City)

REGISTRATION (reservations are required)
When registering please specify which forum you will be attending

Call 516-877-4325 or email breastcancerhotline@adelphi.edu or register online click here

The 2018 educational forums are sponsored by The Junior Coalition of the Manhasset Women’s Coalition against Breast Cancer and Sientra FULL CIRCLE

Join a Support Group
On-going support groups

We offer weekly, bi-weekly and monthly meetings at no charge. All groups are facilitated by a social worker or master level social work intern. Our support groups include: General Support Group, Caregivers of people with Breast Cancer, Young Women Under 40 (an online support group), Newly Diagnosed Stage 4 and our Touchstone: Book Club group.

NEW: Join our new online support group for Young Women with Breast Cancer. Meeting online, Tuesdays at 6 pm. Read more

We also have a Cafecito group which is for spanish speaking women with breast cancer.

>> Support Group Schedule

For more information, questions and to sign up, call
Did you miss Celebration of Survivorship 2018?

Click here to watch the video of the event.

Thank you to all of our GENEROUS DONORS! We appreciate your support.

UPCOMING EVENTS

3rd Annual
LET'S "GLOW" BOWLING - NEW LOCATION

Help Strike Out Breast Cancer
Jean Rettura a volunteer with The Adelphi Breast Cancer Hotline & Support Program has organized the 3rd annual bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company.

**Date:** Saturday, November 3, 2018

**Time:** 1 - 4 p.m.

**Place:** San-Dee Lanes  
342 Hempstead Avenue  
Malverne, New York 11565  
(516) 599-1134  
[www.sandeelanes.com](http://www.sandeelanes.com)

**Cost:** $30.00 per person which includes:

- 3 hours of bowling
- bowling shoes
- food and refreshments

There will also be a 50/50 raffle and a chinese auction

**WALK-INS ARE WELCOME**

1. You can register online by visiting [http://breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu) or by calling 516-877-4325 (please leave your name, number and the amount of bowlers)

2. The cost to attend the event is $30/per person

3. Pay at the door
The Adelphi Breast Cancer Program to participate in Americas Manhasset’s Champions for Charity®

**Dates:**
Thursday, November 29, 2018 - Saturday, December 1, 2018 (10 a.m. - 8 p.m.)
Sunday, December 2, 2018 (11 a.m. - 6 p.m.)

Over 70 participating Americana Manhasset and select Wheatley Plaza stores will donate 25% of designated full-price pre-tax purchases to the participating organization(s) of the customer’s choice. Purchases are not automatically eligible; you must register for a complimentary Champion Number, designate "name of organization" as your charity of choice, and present your Champion Number when making purchases during the event.

For more information visit [championsforcharity.org](http://championsforcharity.org) or call 800.818.6767. Registration begins October 15, 2018.

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**LONG ISLAND METASTATIC BREAST CANCER CONFERENCE**

In association with Northwell Health, Susan G. Komen Greater NYC presents a free conference for patients with Metastatic Breast Cancer (MBC).

This conference will be a day of learning, fellowship, and the most current information on treatments, research trials, patient support and national issues related to metastatic/stage IV breast cancer (MBC).

**Saturday, November 10, 2018**
Doors open at 8am
Program from 9am - 4 pm

Donald and Barbara Zucker
School of Medicine at Hofstra/Northwell
500 Hofstra Blvd.
Hempstead, NY 11549

Registration is required for this free event.
[komennyc.org/LIMBCC](http://komennyc.org/LIMBCC)
REGISTER FOR THE 16th ANNUAL LI2DAY WALK

This inspirational and uplifting fundraising event is like no other. The half-marathon distance 13.1-mile LI2Day Walk is a beautiful and scenic water view walk through
local neighborhoods. Registration fees are used to cover walk expenses enabling 100% of the donations you raise to go directly to our beneficiary organizations.

Online Registration Only – www.li2daywalk.org

(EARLY BIRD SPECIAL) October 1st – December 31st: $63
January 1st – May 15th: $75
*May 16th – June 2nd: $80

*Registering after May 15th doesn’t guarantee a t-shirt, bag or medal and requires a minimum of the $500 fundraising commitment.

Click here for more information and to Sign Up!

Thank you to
Sir John's Beauty Salon,
Spuntino Wine Bar & Italian Tapas,
Sugar & Water NYC &
Fortunoff Fine Jewelry
for supporting our program this October.

Help Support our Program. Your contributions are essential.
Go beyond the usual gift rotation and make a meaningful donation to the Adelphi NY Statewide Breast Cancer Hotline & Support Program. Your donation goes directly to help support our program.

WAYS TO DONATE...

- in honor of a friend or a loved one
- in memory of a friend or a loved one
- to celebrate a birthday or life event

Once your donation is received, we will send the card above to the honoree or family acknowledging your gift.

Thank you to everyone who donated in OCTOBER

Judith Cohen In memory of Florence Brautman
Hope Simon In memory of Shirley & George Ludwig
Naginder Singh In memory of Manjit Kaur
Elpida Argenziano
Carol Silano
Carole Bowes
Clare Toohey
Eve Boden
Alida & Roy Rubenstein
The Leviton Foundation
Dr. Dana Khuthaila
Lois Goetz
Narges & Gerhard Rothermel
Debbie Langendorff In honor of Flynn Whitney Rutter
Joanne Miola
Joanne Puntillo In memory of Santina Baiardi
Stephanie Jacobs
Gerald Goldstein In honor of all male breast cancer survivors
Jacqueline Callan
Advantage Hyundai
Vincent Rampino In memory of Mary Mill
Sheila Schreiber
Naomi Aaronson
Gertrude Greene
Barbara Nisman
Suzanne Wallach
Rhonda Boltax
Pamela Maggi
Bernadette Deerkoski
Margurite Gorman
Reva Rothenberg In honor of Daniel Edison Machado
Reva Rothenberg In honor of Flynn Whitney Rutter
Hailey Manger In Memory of Geri Hall
Dr. Ron Israeli
Greg Schaefer-Better Home Care
Judy Benkov In memory of Sam Stein
Northwell Heath - Monter Cancer Center
Jeannine Thompson
Mary Kuczyk In honor of Gail Dougherty
Rosemary Denaro
Johanna Wermuth
Muriel Herring
Margaret Walker
Kristy Glass In honor of Dina Moore Knitting Place
Samantha Cohen
Susan Carentz
Stuart & Joyce O'Connor
Ellen Kessler
Kats Ribbon of Hope
Susan Deluccia
Anita Stein In honor of Flynn Whitney Rutter
Kenneth Pietrowski In memory of Maria Pietrowski
Barbara Lightsy
Lois Riss
Cheryl Sullivan
Randee Adan
Catherine Ptarcinski
May Z. Cohen In honor of Hillary Nadya Rutter
In mem of Marty & Freddi Cohen
Maria Bicocchi
LI2Day Walk to Fight Breast Cancer
Barbara Raber
Harriette Benkov In memory of Sam Stein
Diana Muenzen
Milssa Gavigan
Marilyn Adams
Diana Jindra-Trachtulec In memory of Vera Jindra
Kathleen O'Donnell
Debbie Langendorff
Gwendolyn Harrison
Robert Chesney
Anna Carney
James Schmitt In honor of Marcia Partridge
Nassau County Women's Bar Foundation Inc.
NY Community Trust (Alan & Reva)
Celebration Raffles
Diane Konow
Barbara Bornstein
Research Opportunities

Please use the contact information listed for each research project if you are interested in participating.
**Have Your Voice Heard**
Are you a current or former participant in a Breast Cancer Support Group?

Participate in a Research Study and share your experiences in Breast Cancer Support Groups.

This study is open to men and women 18 years and older who have participated in a breast cancer support group.

*This survey is being conducted by Erin Nau, LCSW and Hillary Rutter, LCSW of the Adelphi NY Statewide Breast Cancer Hotline & Support Program.*

>> [For more information and to participate in this study](#)

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**Sisters United In Health**

**SISTERS UNITED IN HEALTH**
An initiative for breast health information.

WE CAN...

- Help you get a free or low-cost mammogram **REGARDLESS OF YOUR HEALTH INSURANCE OR IMMIGRATION STATUS.**
- Answer your breast health and breast cancer questions and provide educational materials.
- Provide breast health workshops at no cost.
- Available in English and Spanish.

Like the [Sisters United in Health](#) facebook page.

For more information call Sisters United in Health at 800.559.6348 or [click here](#) to learn more.

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**Happy Birthday to our volunteers**
We would like to wish a Happy Birthday to all our volunteers with a NOVEMBER Birthday.
Let's Stay in Touch
The number for our hotline is 800-877-8077

Follow us on Social Media and 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 study's 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.

Facebook
Twitter
Pinterest
YouTube

Online Chat
Did you know we have a LIVE CHAT feature on our website. Chat with a breast cancer survivor or social worker.
Thank you to all our sponsors
We would like to say thank you to all our amazing sponsors. (listed below in alphabetical order)

Alpern Family Foundation Inc.
The Beth C. Tortolani Foundation
Kat’s Ribbon of Hope
LI2Day
Manhasset Women’s Coalition Against Breast Cancer
The Junior Coalition of the Manhasset Women’s Coalition Against Breast Cancer
Nassau County Women’s Bar Foundation
NYS Department of Health
Pink Aid
Plastic Surgery Foundation

Please visit our website at breast-cancer.adelphi.edu
Donate to our cause at breast-cancer.adelphi.edu/donate