

ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM
800.877.8077

We are here for you. STAY CONNECTED.

breast-cancer.adelphi.edu

One South Avenue, PO Box 701 • Garden City, NY 11530

Offices: 516-877-4320 • Fax: 516-877-4336 • E-mail: breastcancerhotline@adelphi.edu

SUPPORT GROUPS

New Breast Cancer Support Groups Forming:

The Adelphi NY Statewide Breast Cancer Hotline & Support Program
in Garden City is offering new on-going support groups.



MONDAYS FROM 6:00 - 7:30 p.m.

Support for Caregivers of People with Breast Cancer

Taking care of a person with breast cancer can be stressful.

This group is designed to address the needs of caretakers. Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

TUESDAYS FROM 6:00 - 7:30 p.m.

Young Women's Support Group, Under 40

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

Anyone who wants to connect with and receive support from women under 40 should attend this group.

Current on-going groups include:

General Breast Cancer Group • Monday 6:00 - 7:30 p.m.

Newly Diagnosed Group • Friday 10:00 - 11:30 a.m.

Women with Metastatic Disease • 2nd & 4th Wednesday of the Month 7:00 - 8:00 p.m.

Newly Diagnosed Stage 4 Breast Cancer • 2nd & 4th Thursday of the Month 7:00 - 8:00 p.m.

All groups are facilitated by a social worker.

***Support Groups are provided by the Adelphi NY Statewide Breast Cancer Program
and sponsored in part by a grant from the Alpern Family Foundation.***

Groups will meet at the Adelphi School of Social Work in Garden City. There is no charge.

***For information, questions, or to join a support group, call
Erin Nau, LCSW, Counseling & Education Coordinator
at 516-877-4314 or enau@adelphi.edu***

FORUMS

Adelphi NY Statewide Breast Cancer Hotline & Support Program invites you to join us for free educational forums this Spring.

Spring 2017 Educational Forum Schedule

FEEL BETTER AND HAVE MORE ENERGY:
Intuitive eating skills that will help improve your nutrition after breast cancer

Monday, May 1, 2017
(6:00 - 8:00 p.m.)
Alumni House at Adelphi University



SPEAKER:
Hillary Sachs, MS, RD, CSO, CDN

Hillary Sachs, completed her undergraduate education at Cornell University in Education and Nutritional Sciences. She went on to complete a master's degree in Clinical Nutrition at New York University, a dietetic internship at the James J. Peters Bronx VA Medical Center, and board certification in oncology nutrition through the Commission on Dietetic Registration. In addition to her work in private practice, Recipe for Health, Hillary is a Nutrition Manager at Northwell Health's Cancer Institute, a consultant for Savor Health, and a regular speaker at nutrition conferences and health seminars.

USING MINDFULNESS AND MEDITATION TO COPE WITH BREAST CANCER

Monday, May 22, 2017
(6:00 - 8:00 p.m.)
Alumni House at Adelphi University



SPEAKER:
Jacob Cooper, CH, LMSW, RMT

Jacob Cooper has practiced and studied yoga and meditation for many years. Jacob currently runs Mindfulness workshops at Touro College of Osteopathic Medicine and Adelphi University. When he is not at the podium leading workshops or working on his writings, Jacob provides services as a Licensed Master Social Worker and is employed as a Mental Health Counselor.

REGISTRATION FOR FORUMS

All forums are free and open to the public. Seating is limited. Pre-registration is required.

Both forums will be held at the Alumni House at Adelphi University
(154 Cambridge Avenue, Garden City)

When registering, please specify which forum you will be attending

- Call 516-877-4325 or
- E-mail breastcancerhotline@adelphi.edu or
- Register online at: breast-cancer.adelphi.edu/we-can-help/forums

If you are unable to join us, for any of the forums, please watch our livestream of the events on YouTube.

www.youtube.com/AUBreastCancer

The 2017 educational forums are sponsored by The Junior Coalition of Manhasset Women's Coalition against Breast Cancer

THANK YOU FOR MAKING CREATIVE CUPS 2017
A HUGE SUCCESS!

Click here to view photos from the event



If you are interested in purchasing a
Creative Cups 2017 book or bra,
please contact us at breastcancerhotline@adelphi.edu
or call 516-877-4320.

EVENTS



REGISTER FOR THE LI2DAY WALK

**[Click here](#) to register to participate in the
13.1 Mile Walk on Saturday, June 10, 2017.**

CANCER AND CAREERS



The Adelphi NY Statewide Breast Cancer Hotline & Support Program
is pleased to partner with Cancer and Careers
on the 7th Annual National Conference on Work & Cancer,
on Friday, June 23, 2017, in New York City!

This FREE event will explore the complexities
working people face as they try to balance their cancer treatment
and recovery with employment. Topics will include job search, legal issues,
health insurance, working during treatment and more.
CEUs will be offered for oncology nurses and social workers.
Travel scholarships are available until April 14th!

[For more details or to register, please visit www.cancerandcareers.org/conference.](http://www.cancerandcareers.org/conference)

RESEARCH OPPORTUNITIES

Please use the contact information listed for each research project if you are interested in participating.



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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.

WHAT IS THE PURPOSE?

The purpose of this study is to better understand the long term benefits as identified by participants in breast cancer support groups. This survey will identify common reasons for attending a support group, their identified benefits, overall experiences, and the long term impact on their survivorship. Identifying these factors will allow breast cancer agencies to plan and facilitate more sustainable support groups.

YOU CAN PARTICIPATE IN THIS STUDY IF YOU:

- Have ever participated in a breast cancer support group
- Are over the age of 18

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



This survey will be conducted online. All information will be confidential.
Your participation in this study is 100% voluntary and should only take 5-10 minutes.

If you would like to participate please [click here](#).

**If you have any questions, please contact
Erin Nau enau@adelphi.edu or Hillary Rutter rutter@adelphi.edu**

Thank you for participating in the survey. Please share this survey with others who might qualify.



**Participate in a Research Study on
Geriatric Assessment for Patients 70+:**

Bridging the GAP to Improve Chemotherapy Toxicities

This study is being conducted to find out if a Geriatric Assessment (survey) can help improve and develop a standard approach for reducing side effects from chemotherapy in older patients with cancer.

**For more information about this study,
please [Click here](#) to see the brochure.**

If interested, speak with your doctor or contact **Dr. Vincent Vinciguerra**
at North Shore-LIJ Health System, Monter Cancer Center
450 Lakeville Road, Lake Success, NY 11042 • 516-734-8954



Research Participants Needed for Study Of Early Onset Breast Cancer

A research study is being conducted at The Feinstein Institute for Medical Research, part of Northwell Health, to learn more about how genetic variants act and are influenced by other genes or environmental factors in the development of breast cancer before the age of 40 years. The researcher, Annette Lee, PhD is recruiting women with and without BRCA mutations who were diagnosed with early onset breast cancer to participate in this study.

The purpose of the study is to learn more about how genetic variants influence the development of breast cancer in women under the age of 40 years. Ultimately the researchers hope this knowledge can prove useful for determining individual risk of developing early onset breast cancer.

To participate in the study, you must be over the age of 18, and have been diagnosed with breast cancer before the age of 40. If you choose to participate, you will be asked to provide a saliva sample (less than 1 teaspoon) and provide information about yourself, your medical history and your family history. The sample and information you provide will be used for this study and also stored in a specimen bank for use in additional future studies.

To learn more about this study, please contact the study nurse at 516-562-8377 or tdp@northwell.edu



SURVEY

February 1, 2016

Take the First Ever National Young Adult Cancer Survey!

Cancer in young adults sucks. But you already knew that.

In an unprecedented partnership, Stupid Cancer, Young Survival Coalition (YSC) and Critical Mass are teaming up for the first ever **National Young Adult Cancer Survey**.

Please help us prioritize, in your opinion, the most pressing issues facing the young adult cancer movement to-day. Your insight will help us more effectively and efficiently channel our collaborative strategy.

Take the survey here: <http://YoungAdultCancerSurvey.org>

This is kind of a big deal, so thank you for being awesome!

Heidi Adams, CEO, Critical Mass
Jennifer Merschdorf, CEO, Young Survival Coalition
Matthew Zachary, CEO, Stupid Cancer



A PHASE 1 STUDY OF THE SAFETY AND TOLERABILITY OF SINGLE AGENT MSI-1436C IN METASTATIC BREAST CANCER PATIENTS

Northwell Health in collaboration with Cold Spring Harbor Laboratory and DepYmed, inc. have a new clinical trial is available which involves an experimental drug that interferes with breast cancer growth. For more information, [click here](#).

POEMS BY NARGES ROTHERMEL

Our talented volunteer and poet Narges Rothermel has two new poems she would like to share.

An ode to a beloved immigrant

Dear Lady Liberty,

a rare shade of green makes your skin
and your garment to stand out
Your luminesce guiding lamp makes you
the *Most Unique Icon* of this land.

Emma Lazarus an immigrant herself understood
your value, your purpose, and your message.

The first time I read her etched words
on the stone where you stood, I felt proud
I read it aloud "*Give me your sick, give me your poor,
your huddled masses who yearn to be free
I will lift my lamp beside the Golden door....*

Since you settled in New Harbor, constant makeovers
and alterations never changed your message
and what you stand for
You have welcomed every shade of skin, all existing faiths,
and every race of humankind to this land.

These days, your tear covered sadden-face
casts shadow over the harbor
I understand your concern I feel your pain and your sadness
I too, shed tears for refugees, the rejected huddled masses,
the oppressed, and the homeless.

Don't cry Dear Lady,
Believers of liberty and Human Rights
will stand by your side
Believers of justice and equality for all,
will hold your arm up and will keep your lamp lit

This unrest will rest too,
Don't cry dear beloved immigrant, don't cry dear *Lady Liberty*
Don't cry.

“I say a prayer for you”

When I pile up cut tomatoes, red onion, and radishes
on top of romaine lettuce, I think of the hands that
picked, cleaned, packed, and loaded them on trucks,
carried them to cold rooms, arranged them on the shelves.
As I remember stories of my father, a newcomer
a child-laborer in another era in another country,

I say a prayer for you.

With every piece of bread in my hand,
every corn kernel on my plate, in my bowl
while savoring a few strawberries in the morning
I see you on the screen of my mind, picking them with
hands covered with calluses your feet buried in mud
your back pained from bending all day from dawn
to dusk, all for a few dollars an hour. I put down
the bread, the meal, and the berries.

I say a prayer for you.

I watch the evening news, see you who have crossed
the border without permit in pursuit of a dream,
now with shackles on your wrists, fear in your eyes,
pain of separation from your loved ones on your face.
I watch the border patrols chasing you from ditch to ditch
in hot dry days and at dark scary nights till you fall
face down on the ground, guns pointing at your head.

I say a prayer for you.

By: Narges Rothermel

HAPPY BIRTHDAY



**WE WOULD LIKE TO WISH A HAPPY BIRTHDAY TO ALL OF OUR VOLUNTEERS
WHO WILL BE CELEBRATING IN THE MONTH OF APRIL**

Niccretia Y.
Alice S.
Judith P.
Bobbi M.

STAY CONNECTED TO US!!!

There are many reasons to connect to us on social media....

- See photos of our wonderful volunteers at our outreach events
- Stay up-to-date on events, forums and support groups
- Read news articles and new study's on breast cancer
- Read inspiring stories from our volunteers
- If you are unable to attend an event, watch our livestream of the event online
- See the wonderful people and businesses that support and more...



FACEBOOK: www.facebook.com/adelphibreastcancerhotline

TWITTER: [@AUBreastcancer](https://twitter.com/AUBreastcancer)

PINTEREST: www.pinterest.com/nysbreastcancer

YOUTUBE: www.youtube.com/user/AUBreastCancer

SISTERS UNITED IN HEALTH



SISTERS UNITED IN HEALTH

An initiative for breast health information.

HERMANAS UNIDAS EN LA SALUD

Una iniciativa para la información sobre la salud del seno.

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.

Sisters United in Health now has their own facebook page.

Please [click here](#) to like the page.



GET A REFERRAL FOR A FREE OR LOW-COST MAMMOGRAM

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



We are happy to announce
that we have added a LIVE CHAT feature to our website.
You can visit our website breast-cancer.adelphi.edu
to live chat with a survivor or a social worker.

EVENT CALENDAR

1. **Feel Better & Have More Energy - May 1, 2017**
2. **Using Mindfulness & Meditation to Cope with Breast Cancer- May 22, 2017**
3. **LI2Day Walk 2017 - June 10, 2017**



YOUR CONTRIBUTIONS ARE ESSENTIAL.

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is working hard to educate, support, empower and advocate for breast cancer patients, professionals and the community and we need your help.

Please [click here](#) to donate today to support our program.