

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

CAFECITO

Now Forming Support Groups for Latina Women with Breast Cancer

CAFECITO

Un espacio de amistad y apoyo para la mujer latina con cáncer del seno



These support groups will be conducted in Spanish. These groups are for friendship and support for Latina women with breast cancer.

All groups are facilitated by a social worker. All support groups are free and open to the public.

Pre-registration is required.

For upcoming dates and times, please contact:

Para mas informacion llame a:

Angela M. Papalia, LMSW • 516-877-4329 • apapalia@adelphi.edu

SUPPORT GROUPS

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

WEEKLY GROUPS

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

Women who have had breast cancer will have the opportunity to meet in this group.



Caregivers of People with Breast Cancer • Monday 6:00 - 7:30 p.m.

Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

Young Women 40 and Under • Tuesday 6:00 - 7:30 p.m.

This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.

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

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

Newly Diagnosed Stage 4 Breast Cancer • Thursday, 6:45 - 8:00 p.m.

Meet with other women who have been recently diagnosed with Stage 4 Breast Cancer.

BI-WEEKLY GROUP

Women with Metastatic Disease

2nd and 4th Wednesday of the Month • 7:00 - 8:00 p.m.

Meet with other women who are surviving metastatic breast cancer.

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

Did you miss our Fertility and Breast Cancer Forum on Monday, July 10th?

[Click here](#) to watch the video on YouTube.

THE POWER OF SUPPORT GROUPS FOR BREAST CANCER PATIENTS

Wednesday, September 13, 2017 • 6:00 - 8:00 p.m.

Alumni House at Adelphi University



Research shows that attending support groups improves the lives of breast cancer patients and can actually extend the life of patients who have metastatic breast cancer. This educational forum will discuss the positive impact support groups have on breast cancer patients. Social workers who run the support group for breast cancer survivors and past members of support groups from the Adelphi Breast Cancer Hotline Program will discuss their experiences and ongoing research.

REGISTRATION FOR FORUM

All forums are free and open to the public. Seating is limited. Pre-registration is required.
This forum will be held at the Alumni House at Adelphi University (154 Cambridge Avenue, Garden City)

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 attend our forum, it will be on **FACEBOOK LIVE** from 6 - 8 p.m. on the day of the event.
A video will also be available on our YouTube Channel after the forum www.youtube.com/AUBreastCancer

MARK YOUR CALENDARS

Please make your calendar for our November forum. More information on speakers and registration to follow.

November 6, 2017 - Lymphedema Forum

UPCOMING VOLUNTEER TRAINING



The Adelphi NY Statewide Breast Cancer Hotline & Support Program seeks breast cancer survivors of all ages, race and ethnicity--men as well as women--to become volunteers. Thus, the program seeks a diverse group of volunteers to reflect the diversity of the people who are calling the hotline.

Our next volunteer training will be held on:

September 12, 19 and 26th.

**The training is all (3) days from 9 a.m. - 4:00 p.m.
at Adelphi University in Garden City**

This in-depth training includes presentations by nurse navigators and social workers on basic breast cancer education, active listening skills, and tips on engaging the community. If you are interested in joining our family of volunteers, please contact:

To arrange an interview contact:

Alida Rubenstein, Volunteer/Hotline Coordinator
516-877-4315 or arubenstein@adelphi.edu

EVENTS

HOPE RUNS HERE 5K

Date: Saturday, August 19th

Time: 8:30 a.m.

**Place: Westfield Sunrise Mall
Massapequa, NY. Use Hemlock Street Entrance.
Park near Sears Auto Store.**



About the 5K:

This run/walk is a competitive race with an uplifting atmosphere which draws participants from the tri-state area. The event starts and finishes at the Westfield Sunrise Mall in Massapequa, NY. The course is a scenic, flat and fast course through local neighborhoods. It is USA Track and Field certified and part of the Grand Prix Series. Participants will enjoy a post-race party and beverages, high quality technical shirts, and great award medals. Cancer survivors are recognized at this event as well.

Entry Fees:

\$25 Pre-Registration Fee

Online Registration closes at 7 pm on Wednesday, August 16, 2017

\$30 Day-of-Race (6:45 - 8:00 a.m.)

(there will be no race day registration if we reach our participant capacity)

[CLICK HERE TO REGISTER](#)

CELEBRATION OF SURVIVORSHIP



**SAVE THE DATE
TUESDAY, OCTOBER 17, 2017**

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



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

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.

HAPPY BIRTHDAY



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

Maria M.
Annamarie M.
Janet F.
Narges R.
Patti H.
Robin H.
Debbie L.
Rose H.

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.

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.

FREE AND
LOW COST
MAMMOGRAMS
FOR ALL

EARLY DETECTION IS
YOUR BEST PROTECTION
AGAINST BREAST CANCER.

SISTERS UNITED IN HEALTH
An initiative for breast health.
HERMANAS UNIDAS EN LA SALUD
Una iniciativa para la salud del seno.

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.

Breast Cancer Questions?
You are not alone.

Hello, I found a lump.
Can we talk?

Sure, I am here for you.

Online
CHAT

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. Hope Runs Here 5K - August 19, 2017
2. Volunteer Training - September 12, 19, & 26
3. Support Group Forum - September 13, 2017
4. Celebration of Survivorship - October 17, 2017
5. Lymphedema Forum - November 6, 2017



We need your help. Your gift provides health education, patient navigation and referrals for cancer screenings to underserved women in New York.

DONATE

YOUR GIFT WILL MAKE A DIFFERENCE IN A WOMAN'S LIFE.