

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](mailto:breastcancerhotline@adelphi.edu)

ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

HEALTHY MOM  Checklist

- Clinical Breast Exam
- Reduce Stress
- Exercise Regularly
- Drink plenty of water
- Schedule a Mammogram
- Eat Healthy
- Listen to your instincts
- Advocate for Yourself



- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who has been there.



WE ARE HERE TO HELP!!!  
800.877.8077

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

# 2016 ON-GOING BREAST CANCER SUPPORT GROUPS

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers new on-going support groups.

## WEEKLY GROUPS

### **General • 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.

## BI-WEEKLY GROUPS

### **Women with Metastatic Disease 2nd and 4th Thursday of the Month 7:00 - 8:00 p.m.**

Meet with other women who are surviving metastatic breast cancer.

## MONTHLY GROUP

### **Knit and Chat Last Wednesday of the Month 11:30 a.m. - 1:00 p.m.**

Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

**All groups will meet at the Adelphi School of Social Work in Garden City.**

**A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.**

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

***All services are free and confidential.  
These support groups are for ALL SURVIVORS.***

***Our 2016 support groups are sponsored by the Alpern Family Foundation***

# UPCOMING EXERCISE PROGRAM



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

*In collaboration with the*



NANCY MARX CANCER WELLNESS CENTER  
AT SID JACOBSON JCC



## BRING IT HOME: Exercise Program for Breast Cancer Survivors

**Tuesday, July 26, 2016 at 6:00 p.m.**  
Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY  
*\* Come dressed to exercise*

**Bonnie Oringer**, Certified Exercise Specialist, Certified Health Coach and Certified Personal trainer is one of 5 cancer exercise specialists who are part of the Nancy Marx Cancer Wellness Center. She is a breast cancer survivor who passionately believes in the importance and benefit of restorative exercise for cancer patients, survivors and caretakers.

Bonnie will lead us in an exercise program that can easily be followed at home. Come dressed to exercise.

The Nancy Marx Cancer Wellness Program offers exercise classes that are designed to meet the specific needs of cancer survivors. Classes include full body workout, swim exercise or yoga to help regain strength, reduce fatigue and instill a sense of health and wellness.

### REGISTRATION:

- Call 516-877-4325 *or*
- E-mail [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) *or*
- [Click here](#) to register online

If you are unable to join us for the exercise forum, you can [click here](#) to watch our livestream of the event on YouTube.

The 2016 educational forums are sponsored by  
The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer

# It's time to get creative...

creative  
cups™ 2017

We have extended our  
Registration Deadline.

*Register your Creative Cup today!*



**We have extended our Creative Cups Registration Deadline.**

**TODAY is the Registration Deadline  
July 1, 2016**

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

**The postmark deadline for mailing your bra is  
July 25, 2016**

**(we must receive your bra no later than August 1, 2016)**

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*Please remember to follow the rules below when creating your bra:*

- Use a new padded, full coverage, **36C BRA** with underwire and **STRAPS FULLY EXTENDED** as a base for your design, so the bra can be displayed on a mannequin.  
**\*Bras that do not fit on a mannequin will not be accepted.**
- The front, back, both straps and sides of the bra **MUST** be completely covered.
- Decorations cannot be perishable. **Please do not stitch the back of the bra closed. (Only bras that meet all the requirements will be included in the exhibit)**

**Each bra must have a tag attached to it that includes:**

name of artist, bra title, a contact number and an e-mail address

For questions regarding registration or for more information visit:  
[creativecups.adelphi.edu](http://creativecups.adelphi.edu) or call the Hotline: 800-877-8077

## Important Dates for participation in Creative Cups 2017

**July 1, 2016** - The Registration Deadline

**July 25, 2016** - Postmark deadline for mailing your bra

**(We must receive your bra no later than August 1, 2016)**

**March 16, 2017** - Creative Cups Auction and Gala

### **BECOME A SPONSOR!!!**

If you are interested in becoming a sponsor for Creative Cups™ 2017, please [click here](#) to see a list of sponsorship opportunities.

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### **RESEARCH OPPORTUNITIES**

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



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**OFFICE:** 516.877.4320 • **HOTLINE:** 800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)

### **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](mailto:enau@adelphi.edu) or Hillary Rutter [rutter@adelphi.edu](mailto: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

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**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](mailto: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 Merschorf, CEO, Young Survival Coalition  
Matthew Zachary, CEO, Stupid Cancer



stupidcancer®

## TWO LOCAL BUSINESSES ARE HELPING TO SUPPORT OUR PROGRAM



Miceli Brothers of West Babylon will be hosting a week of fine dining to help support the Adelphi Breast Cancer Program.

Join us any evening during the week of  
**July 11, 2016 - July 17, 2016**  
**from 4:30 - 10:00 p.m.**  
for a delicious dining experience

**PRIX FIXE Dinner at \$25.00 per person**  
**For each meal, Miceli Brothers will donate \$5.00**  
**to the Adelphi Breast Cancer Program**

- 50/50
- Chinese Auction
- Educational Materials on Breast Cancer
- A volunteer from the Adelphi Breast Cancer Program will be on site to answer questions
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**Miceli Brothers**  
**1030 Little East Neck Road**  
**West Babylon, NY 11704**  
**631.669.1055 or 631.669.1270**

**\*Please bring pictures of loved ones in honor of those who have lost their battle to this disease and for those who continue to fight.**





**RAFFLE FUNDRAISER**  
**to benefit the Adelphi Breast Cancer Program**

**Pamper Yourself!**

Visit Simply Stunning Floral Design & Event Studio  
**July 1st through August 20th** for your chance to win a  
gift basket filled with amazing products

**\*\*Simply Stunning\*\***

1048 Little East Neck Road, West Babylon, NY 11704  
(631) 620-3440 or visit [simplystunningstudio.com](http://simplystunningstudio.com)

**Purchase your raffle ticket today at the Simply Stunning location**  
Purchase 1 raffle ticket for **\$5.00** or 3 raffle tickets for **\$10.00**  
Proceeds from the gift basket raffle will benefit  
The Adelphi NY Statewide Breast Cancer Hotline & Support Program

**Simply Stunning Floral Design is a show-stopping florist.**

custom-made floral arrangements  
deliciously scented body scrubs and candles  
hand-made glycerin soaps  
stunning jewelry  
unique home decor gifts

# HAPPY BIRTHDAY



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

Louise W.  
Terrilyn D.  
Elizabeth V.  
Debra T.

Stephanie J.  
Ginny K.  
Anne H.  
Marge F.



If you have any recipe you would like to see featured in Foodie Fridays, please e-mail [knewman@adelphi.edu](mailto:knewman@adelphi.edu).

## STAY CONNECTED TO US!!!

### 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 miss an event see videos of our speakers
- See the wonderful people and businesses that support us and more...



FACEBOOK: [www.facebook.com/adelphibreastcancerhotline](http://www.facebook.com/adelphibreastcancerhotline)

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

PINTEREST: [www.pinterest.com/nysbreastcancer](http://www.pinterest.com/nysbreastcancer)

YOUTUBE: [www.youtube.com/user/AUBreastCancer](http://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.

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## 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.

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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](http://breast-cancer.adelphi.edu)  
to live chat with a survivor or a social worker.

# MARK YOUR CALENDARS

1. BRING IT HOME - Exercise Program - July 26, 2016
  2. Creative Cups 2017 - Registration Deadline - July 1, 2016
  3. Creative Cups 2017 - Postmark Deadline to send bras - July 25, 2016
  4. Celebration of Survivorship - October 25, 2016
  5. Creative Cups 2017 - March 16, 2017
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**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.

## **NOTICE**

**It has been brought to our attention that people are receiving calls from aggressive telemarketers claiming to be a breast cancer charity.**

**We want to assure you that The Adelphi NY Statewide Breast Cancer Hotline & Support Program does not do telephone solicitations.**

**If you receive any calls from breast cancer charities that you feel may be fraudulent, please call the NYS Attorney Generals Office Helpline at 1-800-771-7755 to report them.**