

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)



# **SPRING 2016 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***

# **SPRING 2016 EDUCATIONAL FORUM SCHEDULE**

*Remember to register for today's forum*

**NUTRITION FORUM**

**Monday, May 2, 2016**

**5:00 - 7:00 p.m.**

**(PLEASE NOTE THE NEW TIME)**

This forum will discuss The New Dietary Guidelines for Americans and Nutrition Defense Against Cancer.  
There will be a healthy recipe demonstration.



## **SPEAKERS:**

**Diane Dembicki, PhD, LMT, CYT**

*Clinical Associate Professor, Adelphi University*

**Kaitlin Morris, MS**

*Nutrition Graduate Student, Adelphi University*

**Helene Konsker, MS, RD, CDN**

*Nutrition Director, Compass Group*

**Executive Chef William Wright**

*Compass Group*

**Date:** Monday, May 2, 2016

**Time:** 5:00 - 7:00 p.m. (NEW TIME)

## **Location:**

Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY

## **Registration:**

Seating is limited. Pre-registration is required.

Please call 516-877-4325 or

E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or [click here](#) to register online

\* Please specify that you are registering for the Nutrition Forum when calling or e-mailing

**I DON'T WANT TO BE A GUINEA PIG:**

**Understanding Clinical Trials**

**Tuesday, May 24, 2016**

**6:00 - 8:00 p.m.**

***In collaboration with Northwell Health Cancer Institute***



This panel discussion will shed light on the clinical trials process. Northwell Health Cancer Institute experts will debunk myths and perceptions about clinical trials, and a patient who has gone through the process will share her first-hand experience.



**SPEAKERS:**

**George Raptis, MD, MBA**

*Acting Executive Director, Northwell Health Cancer Institute*

**Jan Stieb, RN**

*Administrative Director, Clinical Research, Northwell Health Cancer Institute*

**Barbara**

*Current Clinical Trials Patient*

**Date:** Tuesday, May 24, 2016

**Time:** 6:00 - 8:00 p.m.

**Location:**

Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY

**Registration:** Seating is limited. Pre-registration is required.

Please call 516-877-4325 or E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or [click here](#) to register online

\* Please specify that you are registering for the Clinical Trials Forum when calling or e-mailing

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**If you are unable to join us for any of the forums, please [click here](#) to watch the livestream of the forum on YouTube the day of the event.**

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



The Adelphi NY Statewide Breast Cancer Hotline & Support Program is pleased to partner with Cancer and Careers on the 6th Annual National Conference on Work & Cancer on Friday, June 17, 2016, in New York City!

This FREE conference 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.

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

# It's time to get creative...

**creative  
cups™**

2017

The Registration Deadline  
is June 1, 2016.

*Register your Creative Cup today!*



**REMEMBER TO REGISTER YOUR CREATIVE CUP TODAY!**

Creative Cups™ is a thought-provoking art exhibition & fundraising event to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program. This life-affirming celebration features bras that are transformed by their creators into works of art.

We invite individuals of all ages and levels of artistic talent to join us and make a Creative Cup.

To register and 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**

**June 1, 2016** - Registration Deadline

**July 15, 2016** - Postmark deadline for mailing your bra

**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.

## **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

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.*



## 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)



### 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 today. 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

# HAPPY BIRTHDAY



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

Rollande C.

Lydia C.

Diane K.

Myra T.

Barbara B.

Marcie R.

Abby W.

Patricia S.

Denise Z.

Kathe O.

Bonnie 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

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

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

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## 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.

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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.

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## MARK YOUR CALENDARS

Nutrition Forum - May 2, 2016  
Understanding Clinical Trials - May 24, 2016  
LI2Day Walk - June 11, 2016  
Cancer & Careers - Annual Conference on Work & Cancer - June 17, 2016  
Creative Cups 2017 - March 16, 2017 (Remember to [Register Now](#))



**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.**