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

2016 On-Going Breast Cancer Support Groups
The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers 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

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

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

Adelphi NY Statewide Breast Cancer Hotline & Support Program

In collaboration with

[Image]

Invite you to attend our upcoming forum

HOW TO INTERPRET YOUR MEDICAL RESULTS

WEDNESDAY, NOVEMBER 9, 2016
6:00 - 8:00 p.m.
at
Alumni House at Adelphi University
154 Cambridge Avenue, Garden City, NY

Have you ever received test results before meeting with your doctor and wondered what everything means?
Join us to learn how to be a better advocate for your health by learning how to better read your records.

SPEAKER: Mitchell A. Adler, MD, JD, MPH, FACP

Dr. Adler attended medical school at NYU and received his post-graduate training at the NYU Medical Center and Bellevue Hospital, where he completed a three year residency in Internal Medicine followed by one year as Chief Resident. He subsequently joined the faculty of NYU School of Medicine and engaged in private practice between 1984 and 2012. He was a founding partner of the Murray Hill Medical Group (MHMG) in 1992. He helped implement an electronic medical record (EMR) system at MHMG in 1998, which led to his practice's becoming paperless several years later. After using and optimizing his EMR system for 14 years, he left his practice to join the Northwell Health in 2012, where he is now Chief Medical Informatics Officer for Northwell Health Physician Partners, which is the health system's ambulatory network. In that position, he oversees the ambulatory electronic health record (AEHR), also known as Allscripts TouchWorks.

Along the way, Dr. Adler also attended law school at Fordham, was admitted to the New York Bar, and earned a Master's Degree in Public Health from Columbia University's Mailman School of Public Health. He served a four year tenure as a member of the American College of Physician's Medical Informatics Committee. At Northwell Health, he is also a member of the Division of Medical Ethics and an active member of the Ethics Committee.

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

HOW TO REGISTER:
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 the forum, please watch our livestream of the event on YouTube.
www.youtube.com/AUBreastCancer

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

Tuesday, October 25, 2016

Join us for the 2016 Celebration of Survivorship on October 25, 2016 at the Ruth S. Harley University Center Ballroom Adelphi University, Garden City, NY.

Doors open at 6:00 p.m. and speakers at 7:00 p.m.
A light supper will be served
The first 100 people to make a donation of $20.00 or more to our program will receive a gift.

SPEAKERS:

Dr. Donna T. Bacon (10 year survivor)
Professor, Chairperson of Health, Physical Education and Recreation
Nassau Community College

Bonnie Oringer (4 year survivor)
Certified Exercise Specialist, Health Coach and Personal Trainer
Nancy Marx Cancer Wellness Center

Dorothy Vance Forte (1 year survivor)
VP Outreach; Director Manhasset
Women's Coalition Against Breast Cancer

Bonnie Hirschhorn (18 year survivor)
Outreach Volunteer
Adelphi Breast Cancer Program

HONORING:

Hillary Rutter
Executive Director, Adelphi Breast Cancer Program

Celebrating 20 years of leadership in the breast cancer community.

Seating is limited. Pre-registration is required.
Click here to register now !!!

CREATIVE CUPS 2017

Learn how you can 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.

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.
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
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
FUNDRAISERS

Community fundraisers to benefit The Adelphi Breast Cancer Program.

SIR JOHN’S HIRCUTTERS

Throughout September and October, Sir John’s Haircutters in West Babylon will be raffling off an AMAZING basket of hair goodies (valued at $150). All proceeds will be donated to the Adelphi Breast Cancer Program!

You can purchase a $5.00 raffle ticket by visiting the store located at 957 Little East Neck Rd N, West Babylon, NY 11704.

sirjohnshairsalon.com/contact.html

SIMPLY STUNNING

Pamper Yourself!

Once again for the month of October, Simply Stunning Floral Design & Event Studio will be raffling off a gift basket. Visit the store anytime between October 1 and October 31 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

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
December 1 - December 4, 2016
(registration opens in October)

Americana Manhasset Champions for Charity® Holiday Shopping Benefit is December 1 - 4, 2016. Help support our organization by doing your holiday shopping at participating Americana Manhasset and select Wheatley Plaza stores during these four days, when 25% of your designated full-price pre-tax purchases will be donated back to us!

To register for your complimentary CHAMPION CARD or for more information, visit championsforcharity.org, call 800.818.6767, or visit the Americana Manhasset Concierge storefront location. When it’s time to make a purchase, simply present your CHAMPION CARD with any form of payment. Donations will be made on full-price merchandise only, subject to individual store policy. Your purchases are not automatically eligible. Your CHAMPION CARD is required to allocate your donation and must be presented at the time of each purchase. Donations on participating store gift certificates and special order merchandise are subject to individual store policy.
JOIN US FOR
ROCKIN’ ROLL BOWL

Help strike out breast cancer!

Jean Rettura, a volunteer with The Adelphi NY Statewide Breast Cancer Hotline & Support Program, has organized a bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company. Register today for a fundraising event.

Date: Saturday, October 15, 2016

Time: 1 - 3 p.m.

Place:
Garden City Bowl
987 Stewart Avenue
Garden City, NY 11530
516-222-0808
visit site

Cost: $30.00 per person which includes:
• 2 hours of bowling
• bowling shoes
• pizza
• Unlimited soda

There will also be a 50/50 raffle and a Chinese auction.

PRE-REGISTRATION IS REQUIRED

How to register:
(registration/payment must be received no later than 10/7/16)

1. Click here to register online or you can call 516-877-4325

2. Payment must be made in advance. Payment must be received by Friday, October 7, 2016. The cost to attend the event is $30.00/per person.

Make your check payable to:
Jean Rettura

Mail your check to:
Jean Rettura
724 Herzel Blvd.
West Babylon, NY 11704
MICELI BROTHERS OF WEST BABYLON

From **October 17, 2016 - October 23, 2016**, Miceli Brothers Restaurant Pizzeria in West Babylon is hosting a special fundraiser to benefit the Adelphi Breast Cancer Program. During this fine dining event (from 4:30 p.m. to 10:00 p.m. every evening) Miceli Brothers is offering a prix fixe dinner of soup, salad, entree - choice of chicken, veal, shrimp, fish or vegetarian - dessert and coffee or tea for $25. For each meal, the restaurant will donate $5.00.

Miceli Brothers is located at 1030 Little East Neck Road
West Babylon, (631) 669-1055

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TURN OF THE CORKSCREW BOOKS & WINE

Join us on Friday, October 21 at 7:00 p.m. at Turn of the Corkscrew Books & Wine. Our talented volunteer Narges Rothermel, a prize winning poet, will be reading from her books of poetry.

Books, wine, beer, coffee, tea and snacks will be available for purchase. Narges will be selling her books at the event. All proceeds will be donated to the Adelphi Breast Cancer Program.

Turn of the Corkscrew Books & Wine is located at
110 N Park Ave, Rockville Centre, NY 11570
[http://turnofthecorkscrew.com/]
ART & SOUL STUDIO

Register today for a creative fundraiser to benefit the Adelphi Breast Cancer Program. 
**Art and Soul Studio** will be hosting a **PAINT YOUR OWN WINE GLASS** event. They are located at 127-21 Smithtown Blvd., Nesconset, NY 11767.

Date: 10/21/16  
Time: 7 – 9 p.m.  
Event: Paint your own wine glass  
REGISTER: (631) 780-6001 or e-mail: info@myartsoulstudio.com

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DRAG A-GOGO

Once again Drag A-Gogo will be holding a fundraiser for the Breast Cancer Hotline. This year’s theme will be TVland 60’s - 80’s. Dress up as your favorite TV show or commercial. There is a costume contest, live entertainment, drag queens and regular entertainers.

DATE: Sunday, October 23, 2016  
TIME: 3 p.m. - 7 p.m.  
LOCATION:  
Ancient Order of Hibernians Hall  
27 Locust Avenue  
Babylon, NY 11702 (1 block from the Babylon Train Station)

Tickets are $30/ person includes lunch, coffee, tea, water & soda. Cash Bar.

Money raised from this event will help benefit the Adelphi Breast Cancer Program.
Every year, the Peer Educators Paint the Adelphi University Campus Pink by tying pink ribbons to trees across campus and painting ribbons on lawns. You can help support the Adelphi New York Statewide Breast Cancer Hotline and Support Program by purchasing a pink paw and participating in the annual Human Ribbon.

**Pink Paw Sales & Breast Cancer Awareness Tables**  
October 7, 14, 21  
11:00 a.m.–3:00 p.m. in the UC Lobby

**Participate in the Human Ribbon Event**  
October 28, 12:00 noon-1:00 p.m. at the Adelphi University Flagpole Lawn
WE WOULD LIKE TO WISH A HAPPY BIRTHDAY TO ALL OF OUR VOLUNTEERS WHO WILL BE CELEBRATING IN THE MONTH OF OCTOBER

Cindy A.  Better R.
Diane G.  Maria B.

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
PINTEREST: www.pinterest.com/nysbreastcancer
YOUTUBE: www.youtube.com/user/AUBreastCancer
SISTERS UNITED IN HEALTH

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. Celebration of Survivorship - October 25, 2016
2. Creative Cups 2017 - March 16, 2016

UPCOMING FORUM

1. How to interpret your medical records - November 9, 2016

FUNDRAISERS

1. Sir John's Haircutters - September - October 2016
3. Champions for Charity - Starting October 15, 2016
4. Rockin' Roll Bowl - October 15, 2016
5. Miceli Brothers - October 17-23, 2016
7. Art & Soul Studio - October 21, 2016

Thank you for your support

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.