

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

1 in 8 women will receive a breast cancer diagnosis during their lifetime.

NO MORE EXCUSES

MAKE TIME FOR YOU. SCHEDULE A MAMMOGRAM TODAY!

Contact the **Adelphi Breast Cancer Hotline** to find out how to get a free or low-cost mammogram.

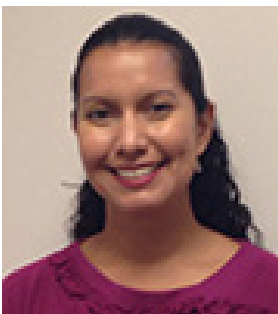
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WELCOME TO REYNA MACHADO

Assistant Director to the Adelphi Breast Cancer Program



I am very excited to join the Adelphi NY Statewide Breast Cancer Hotline and Support Program. I have a MA in Higher Education Administration along with a MBA in Marketing. My experience in health communications, education and development provide a strong background to contribute to a dynamic and passionate team at Adelphi. I look forward to supporting women's health education and access to care.

I am responsible for the overall administrative supervision and day to day operations of the Breast Cancer Program including grant seeking and writing, grant management, development, bilingual services, marketing, community outreach and more. The professionalism and warmth of the staff and volunteers make this work extremely rewarding.

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



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.

SPEAKERS:

Dr. Donna T. Bacon, LCSW, MS, CT
Professor, Nassau Community College

Dorothy Forte
*VP Outreach Director,
Manhasset Women's Coalition*

Bonnie Oringer
*Certified Exercise Specialist,
Certified Health Coach and
Certified Personal Trainer*

Bonnie Hirschhorn
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.



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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 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 Merschorf, CEO, Young Survival Coalition
Matthew Zachary, CEO, Stupid Cancer



stupidcancer®

VOLUNTEERS NEEDED

**The Adelphi Hotline seeks young women
and women of color breast cancer survivors**



The Adelphi NY Statewide Breast Cancer Hotline & Support Program is seeking to diversify its volunteer base by especially inviting young women and women of color who have had breast cancer to become part of its volunteer corps.

“Our goal is to be there for all women with breast cancer concerns,” says Alida Rubenstein, the program’s volunteer/hotline coordinator. “That means that our volunteer base needs to be as diverse as the people who are calling us.” Rubenstein says that young and younger women are calling the hotline and it is helpful for them to be able to speak with young women who have been through what they are experiencing.

The 3-session free training will be held on three consecutive Wednesdays in September: September 14, 21 and 28, from 5 to 8 p.m.

We’ve streamlined our training to make it easier for busy young women to participate.

Once the women complete their training, they are able to select hours that fit into their schedules. Their jobs will be to answer the hotline and provide information and emotional support to callers. They can also do outreach at community events.

For more information about the training and to schedule an appointment for an interview, call Alida Rubenstein, LMSW at 516-877-4315.

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

AMERICANA MANHASSET
CHAMPIONS
FOR CHARITY®

**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

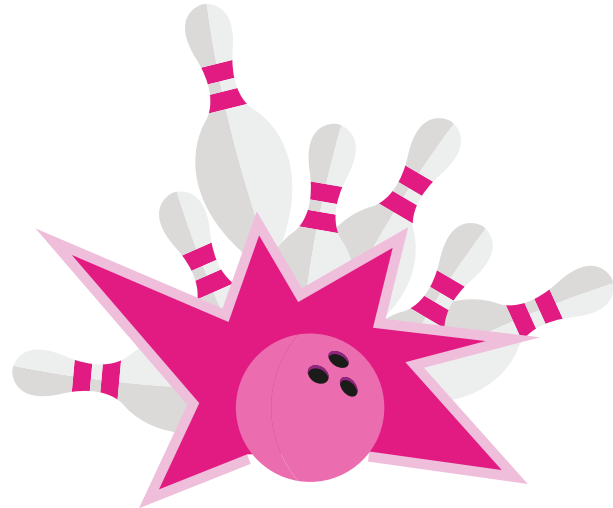
Time: 1 - 3 p.m.

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

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.

ADELPHI UNIVERSITY HUMAN RIBBON



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

JOIN US

7th ANNUAL OVER 50 FAIR

Sunday, September 25, 2016

10:00 a.m. - 4:30 p.m.

Melville Marriott

(1350 Old Walt Whitman Road, Melville, NY 11747)

- Health and Wellness
- Financial Planning
- Products
- Activities
- Home Improvements
- New Age Experiences
- Travel....and More!



ORDER YOUR TICKETS TODAY at www.OVER50FAIR.com or call 516-621-1446

HAPPY BIRTHDAY



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

Ann G.

Andrea B.

Florence D.

Judith C.

Marie K.

Adee H.

Jean R.

Diane V.

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

FUNDRAISERS

1. Sir John's Haircutters - September - October 2016
 2. Simply Stunning - October 1 - 31, 2016
 3. Champions for Charity - Starting October 15, 2016
 4. Rockin' Roll Bowl - October 15, 2016
 5. Miceli Brothers - October 17 - 23, 2016
 6. Drag A-GOGO - October 23, 2016
 7. AU Human Ribbon - October 28, 2016
-



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.