



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077
breast-cancer.adelphi.edu

We are here for you. STAY CONNECTED.

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FORUMS

The Power of Support Groups for Breast Cancer Patients

**Wednesday, September 13, 2017
(6:00 - 8:00 p.m.)
Alumni House at Adelphi University**



STAY CONNECTED
TO US!
SISTERS
ONLINE CHAT

Event Calendar

Volunteer Training

September 12, 19 &
26

Support Group Forum

September 13, 2017

Panthers For A Cause

October 14, 2017

Celebration of Survivorship

October 17, 2017

Rockin' Roll Bowl

November 4, 2017

Lymphedema Forum

November 6, 2017

Thank you to all our sponsors

*We would like to say
thank you to all our*

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. This program will highlight social work facilitated groups. The program is appropriate for group facilitators and social work students.

To register for this forum,
please call 516-877-4325;
email breastcancerhotline@adelphi.edu or
register on-line at
breast-cancer.adelphi.edu/we-can-help/forums/

*The Junior Coalition of the Manhasset Women's Coalition
Against Breast Cancer is sponsoring the 2017 forums.*

If you are unable to attend the forum, you can watch it live on Facebook:
www.facebook.com/adelphibreastcancerhotline

MARK YOUR CALENDARS

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

November 6, 2017 - Lymphedema Forum

CELEBRATION OF SURVIVORSHIP 2017
Tuesday, October 17, 2017

*amazing sponsors.
(listed below in
alphabetical order)*

**Alpern Family
Foundation Inc.**

**The Beth C. Tortolani
Foundation**

Kat's Ribbon of Hope

LI2Day

**Manhasset Women's
Coalition Against Breast
Cancer**

**The Junior Coalition of
the Manhasset Women's
Coalition Against Breast
Cancer**

**Nassau County Women's
Bar Foundation**

**NYS Department of
Health**

Pink Aid



**Please join us
Tuesday, October 17, 2017
Ruth S. Harley University Center Ballroom
Adelphi University, Garden City, NY**

**Doors Open - 6:00 p.m.
Speakers - 7:00 p.m.**

A light supper will be served.

Speakers for the evening



**Christina Demosthenous
12-year survivor**

*Executive Assistant, Spencer Stuart
Volunteer with Adelphi Breast Cancer Program*



Margaret McGruder-Collins

3-year survivor

Registered Nurse, EMT-B

Founder, Pink Fire Team



Michele Pincus, Esq.

9-year survivor

Attorney, Schroder & Strom, LLP

Grant Committee Chair & Advisory Council, Pink Aid Long Island



Janet Rossi Zolli, MD FACP

4-year survivor

*Site Director, Division of General Medicine
Northwell Health*

Please rsvp by October 9, 2017

Click here to **register online** or
register by phone: 516-877-4325 or
register by e-mail: **breastcancerhotline@adelphi.edu**

Celebration Journal

A commemorative journal, to support the **Adelphi Breast Cancer Program** will be printed and distributed the evening of the Celebration of Survivorship.

If you would like more information on taking a journal ad, please **click here** for more information.

SUPPORT GROUPS

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



WEEKLY GROUPS

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

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations in this group.

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

Taking care of a person with breast cancer can be stressful. This group is designed to address the needs of care takers. Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

Young Women's Support Group, Under 40**Tuesday 6:00 - 7:30 p.m.**

Women under the age of 40 who are diagnosed with breast cancer have unique needs. This support group will focus on those unique needs while allowing the members to share their feelings in a safe, supportive environment. Anyone who wants to connect with and receive support from women under 40 should attend this group.

Support Group for Newly Diagnosed Stage 4 Breast Cancer**Thursday 7:00 - 8:00 p.m.**

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

MONTHLY GROUPS

Touchstone Group**Last Monday of the Month****6:00 - 7:30 p.m.**

Women who received their last treatment more than 18 months ago will meet to check in with each other's progress and discuss new developments in the world of breast cancer. This group is for women who are not in active treatment but want to stay in touch with other survivors.

Cafecito

Support Group for Spanish Speaking Women with Breast Cancer

September 7 & 21, October 5 & 26 and November 9 & 30

9:30 - 11:00 a.m.

Meetings are held at United HealthCare 209 Post Avenue, Westbury, NY 11560

Pre-registration is required.

For more information on the Cafecito groups, please contact:

Angela M. Papalia, LMSW

516-877-4329

apapalia@adelpi.edu

**These groups are sponsored by the
Adelphi NY Statewide Breast Cancer Program
and supported by grants from the Nassau County Women's Bar Foundation,
the LI2 Day Walk to Fight Breast Cancer, and The Alpern Family Foundation.**

All groups are facilitated by a social worker or master level social work intern.

Groups will meet at the Adelphi School of Social Work in Garden City.

(except for the Cafecito Group)

There is no charge.

*For information, questions, and to sign up,
call Erin Nau, LCSW, Counseling & Education Coordinator
at 516-877-4314 or enau@adelpi.edu
or the Breast Cancer Hotline 800-877-8077*

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:
Tuesday, 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

**PANTHERS FOR A CAUSE 5K RACE
AND PETITE PANTHER PROWL**



Date: Saturday, October 14th

Time:

Petite Panther Prowl - 8:00 a.m.

Panthers for a Cause 5K - 8:30 a.m.

Place: Race begins at South Avenue and ends at the Adelphi University Panther Statue at the Center for Recreation and Sports.

About the 5K and Petite Panther Prowl:

Be a part of Adelphi's first 5K walk/run taking place during Adelphi Spirit Weekend, where Adelphi students, families, faculty, staff, alumni, friends and neighbors are coming together to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Children ages 2-7 are also welcome to join the fun in the first ever Petite Panther Prowl. Children will receive their very own runners bib.

Runners must check-in and pick up race materials in the lobby of the Center for Recreation and Sports starting at 7:30 a.m. the day of the races.

Registration Fees:

- Petite Panther Prowl: Free but registration is required
- 5K registration by October 7: \$25

- 5K registration after October 7: \$35

Open to all runners.

[CLICK HERE TO REGISTER](#)

2nd Annual ROCKIN' ROLL BOWL

Help Strike Out Breast Cancer

Jean Rettura a volunteer with The Adelphi NY Statewide Breast Cancer Hotline & Support Program has organized the 2nd annual bowling fundraiser to benefit the program. We hope you will join us for an afternoon of fun and great company.

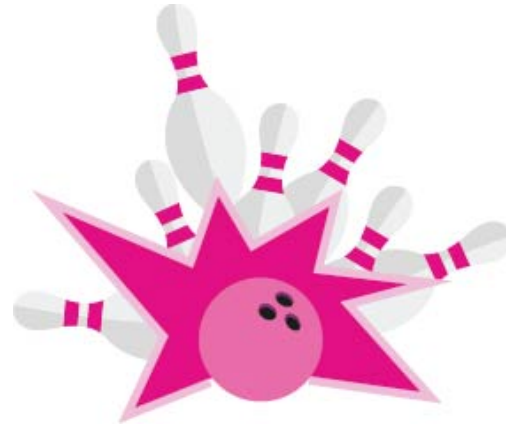
Date: Saturday, November 4, 2017

Time: 1 - 3 p.m.

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

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

Registration/Payment must be received no later than **October 27, 2017**

1. **Click here** to register online *or*
2. Call 516-877-4325 (please leave your name, number and amount of bowlers)

PAYMENT - \$30.00/per person

(Payment must be made in advance and received by Friday, October, 27, 2017)

Make your check payable to:

Jean Rettura

Mail your check to:

Jean Rettura
724 Herzel Blvd.
West Babylon, NY 11704



HAVE FUN, BE CREATIVE & LEAVE NO STONE LEFT UNTURNED IN THE FIGHT AGAINST BREAST CANCER

Our **ROCKIN' FOR A CAUSE** scavenger hunt is open to everyone in New York State.

Let's start the scavenger hunt today!!!
Please share the information with friends and family.

What is ROCKIN' FOR A CAUSE? Rockin' For A Cause is a facebook painted rock hunters group. With the growing popularity of the painted rock scavenger hunts, Adelphi NY Statewide Breast Cancer Program decided to form their own group. The Adelphi Breast Cancer program services all of New York State and our Rockin' For A Cause painted rock hunters group will be a statewide scavenger hunt.

Why should I participate? This is a fun way to raise Breast Cancer Awareness and make the communities familiar with the Adelphi NY Statewide Breast Cancer Program and the services we provide.

HOW TO PARTICIPATE

JOIN OUR GROUP

Click here to join the **Rockin' For A Cause Facebook Group**. All of the painting instructions are at the top of the group page. You can also click here to visit our website for more information on how to participate.

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.*



We would like to wish a Happy Birthday to all of our volunteers
with an SEPTEMBER Birthday

Ann G.
Andrea B.
Florence D.
Judith C.

Marie K.
Jean R.
Grace V.
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 us **and more....**



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 has their own facebook page.
[Click here](#) to like their 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.](#)

ONLINE CHAT

We are happy to announce that we have added a LIVE CHAT feature to our website.



Visit our website breast-cancer.adelphi.edu to live chat with a survivor or a social worker.



**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.

Please visit our website at **breast-cancer.adelphi.edu**