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.

WINTER 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**
1st and 3rd 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
UPCOMING FORUMS

BALANCING WORK & CANCER
Wednesday, March 16, 2016
6:00 - 8:00 p.m.

This forum will discuss how individuals can cope with a diagnosis of cancer in their workplace.

Speaker:
Christine Brennan
Associate Director of Programs, Cancer and Careers

Christine Brennan will explore the practical and legal issues that sit at the intersection of cancer and employment, including deciding whether to work during treatment, disclosure, managing side effects at work, tips for job-hunting, and more. Says Brennan “A lot of people face the challenge of balancing a cancer diagnosis and work. And many of them wonder whether and how to disclose the news to their employer. The fact is every situation is unique; so we provide information and tools to help people make the decision that’s right for them.”

Date: Wednesday, March 16, 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
or click here to register online

* Please specify that you are registering for the Balancing Work and Cancer Forum when calling or e-mailing
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
Kaitlin Morris, MS, Nutrition Graduate Student
Helene Konsker, MS, RD, CDN, Nutrition Director
Executive Chef William Wright

Date: Monday, May 2, 2016
Time: 5:00 - 7:00 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 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

Join us for a panel discussion that aims to shed light on the questions and concerns people have about cancer clinical trials and research.

Experts from Northwell Health Cancer Institute will walk us through the clinical trials process and explain what happens before and after a patient agrees to join a trial.

We will also hear the first-hand experiences of a patient who is going through the clinical trial process.

Speakers:
George Raptis, MD, MBA, Acting Executive Director, 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 or click here to register online

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

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
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 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.
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.

STUDY INVESTIGATORS

STONY BROOK MEDICINE
MEDICAL ONCOLOGY
Dr. Jules Cohen
NEUROLOGY/RADIOLOGY
Dr. Anat Biegon
Dr. Paul Fisher
Dr. Cliff Bernstein
PATHOLOGY
Dr. Kenneth Shroyer

WEILL CORNELL MEDICAL COLLEGE
PET IMAGING CENTER
Dr. David Mozley
Dr. Shankar Vallabhajosula

A NEW TYPE OF PET SCAN: $[^{11}C]$VOROZOLE FOR DETECTION OF AROMATASE IN BREAST CANCER

A Research Study
Patients need to be postmenopausal, have a recent diagnosis of breast cancer, have NOT yet had surgery, and to be naive to systemic therapies. The commitment is a single 8-9 hour day. A limo will drive the patient to and from the City (the Cornell PET facility on East 70th street or so) with door to door service. She will undergo 2 PET scans with radiolabelled vorozole (our aromatase inhibitor), before and after a dose of unlabelled oral letrozole (Femara).

Lunch is provided and she may bring a companion for the day. She receives $200 compensation for her time.

If interested, please see the brochure for additional information.
WE WOULD LIKE TO WISH A HAPPY BIRTHDAY TO ALL OF OUR VOLUNTEERS WHO WILL BE CELEBRATING IN THE MONTH OF MARCH

Genevieve P.
Chris A.
Jessica L.
Vanessa C.
Theresa L.
Lita R.

FOODIE FRIDAYS

Healthy recipes to start your weekend!!!

Every friday we post a recipe on our facebook page.
Please like us on Facebook to see the yummy recipes each week.

If you have any recipe you would like to see featured in Foodie Fridays, please e-mail knewman@adelphi.edu.

Our very own Lyn Dobrin, PR Consultant for the Adelphi Breast Cancer Program wrote a wonderful piece about Angelica Medina, Bilingual Outreach Coordinator for Sisters United In Health and her family about Colombian food. The article has a recipe for Ajiaco con Pollo (Chicken and Potato Soup). Click here to read the full article
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
TWITTER: @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.
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.

MARK YOUR CALENDARS

LI2Day Walk - June 11, 2016
Balancing Work and Cancer Forum - March 16, 2016
Nutrition Forum - May 2, 2016
Understanding Clinical Trials - May 24, 2016
Creative Cups 2017 - March 16, 2017 (Remember to Register Now)

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