

**ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

— *Online* —

Celebration of Survivorship

Tuesday, October 27, 2020



breast-cancer.adelphi.edu

Survivorship Sticker

We are asking our guests to help support the **Adelphi Breast Cancer Program** by printing and cutting out the image below. Proudly fill in the # of years you are a survivor and display this image on the night of the Celebration of Survivorship by taping or pinning it to your shirt.



40
YEARS

STRONG

Changing Lives *Together*

1980
First post-mastectomy support group at Adelphi



1986
NYS Legislature awards first grant for Breast Cancer Hotline



1992
Director Barbara Balaban meets with First Lady Hillary Clinton to discuss breast cancer on Long Island



1993
Initiated a symposium on Breast Cancer and the environment



1998
Introduces statewide Mother's Day Peace of Mind campaign



1999
Number of program volunteers reaches 100



2004
Collaboration with Nassau University Medical Center initiated. Our Bilingual Social Worker brought into breast clinic



2008
Adelphi Athletics Department launches Think Pink campaign to raise awareness and funds



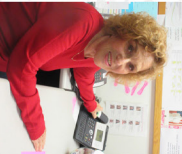
2013
First support group for women who tested positive for BRCA gene offered in the U.S.



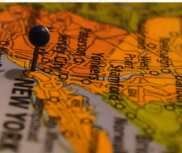
2019
Program receives Agency of the Year Award from the National Association of Social Workers New York State Nassau Division



1982
Woman-to-Woman breast cancer hotline begins



1989
Successfully worked to lower the age limit for mammography coverage in New York State



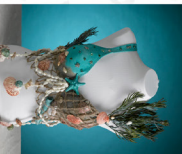
1997
Founds Sisters United in Health outreach to underserved women of color



2003
First to offer Paths to Wellness, a complementary therapy workshop series for breast cancer survivors



2009
First Creative Cups fundraising event held at Adelphi University



2020

CELEBRATING



Program for the evening

6:00 p.m.

Enter the Celebration Zoom Meeting

Introduction

Reyna Machado, MA, MBA

Executive Director, Adelphi Breast Cancer Program

Welcome Remarks

Steve Everett, D.M.A.

Provost and Executive Vice President, Adelphi University

Manoj Pardasani, PhD

Dean, School of Social Work, Adelphi University

Speakers for the Evening

Kimberly Callahan

8 yr. survivor

Volunteer, Adelphi Breast Cancer Program

Deborah Holley

6 yr. survivor

Volunteer, Adelphi Breast Cancer Program

Kathleen Marie Kaspar

4 yr. survivor

English Teacher, New Hyde Park Memorial High School

Closing Remarks

Reyna Machado, MA, MBA

Executive Director, Adelphi Breast Cancer Program

Introduction



REYNA MACHADO, MA, MBA
Executive Director
Adelphi NY Statewide
Breast Cancer Hotline & Support Program

Reyna Machado, MA, MBA, is the Executive Director of the Adelphi NY Statewide Breast Cancer Hotline and Support Program. She is responsible for overall operations of the program including fiscal administration of grants, bilingual social work/patient navigation, community outreach, breast health education, monitoring and evaluation along with marketing and public relations. Reyna also oversees the program's budget, grant writing, reporting, and all development efforts. Reyna's role allows her to educate, support, advocate and empower breast cancer patients, professionals and the community.

With a small but outstanding staff, student interns, and incredible volunteers (most of whom are breast cancer survivors) the program is able to provide confidential and free breast cancer services to thousands of New Yorkers annually. Mrs. Machado is a native Spanish Speaker and New Yorker and earned her B.A. and M.A. from George Washington University and her M.B.A. from American University.

Welcome Remarks



STEVE EVERETT, D.M.A.
Provost and Executive Vice President
Adelphi University

Steve Everett, D.M.A., joined Adelphi University as Provost and Executive Vice President on July 1, 2018. Dr. Everett is an accomplished administrator of higher education. He was attracted to Adelphi for its robust academic programs, passionate faculty, high achieving student body and strong sense of community. His goals for the university include continued development of the strength, quality and innovation of Adelphi's curricular programs and the ongoing advancement of faculty excellence.

Prior to his arrival at Adelphi University, Dr. Everett was professor of music and dean of the College of Architecture, Design, and the Arts at the University of Illinois at Chicago (UIC). Prior to his five years at UIC, he enjoyed 22 years at Emory University, where he held the roles of assistant vice provost for academic affairs, chair of the Department of Music, and director of the Center for Faculty Development and Excellence. Dr. Everett earned a Doctor of Musical Arts (D.M.A.) from University of Illinois at Urbana-Champaign.

Welcome Remarks



MANOJ PARDASANI, PhD, LCSW, ACSW
Dean, Adelphi University
School of Social Work

Manoj Pardasani, PhD, LCSW, ACSW, is the dean for the Adelphi University School of Social Work. As dean, Dr. Pardasani will provide leadership for the school and work collaboratively with other deans on Adelphi's academic team. He will oversee all curricula, program development and faculty recruitment within the School, as well as student recruitment and retention.

Dr. Pardasani brings with him years of domestic and international higher education experience, along with extensive practical experience in administration and clinical social work. Previously, at Hunter College, City University of New York he served as associate provost for graduate and professional schools and professor in the Lois V. and Samuel J. Silberman School of Social Work. At Hunter College, he collaborated with the provost on the oversight of the Schools of Nursing, Social Work and Education, as well as the departments of Nutrition, Urban Public Health, Physical Therapy and Speech/Language Pathology.

Prior to this role, he was senior associate dean and associate dean for academic affairs in the Fordham University Graduate School of Social Service, as well as professor and interim director of the School's online MSW program. He was also a faculty research scholar in Fordham's Ravazzin Center on Aging. Dr. Pardasani earned his Doctor of Philosophy and Master of Social Work degrees from the Wurzweiler School of Social Work at Yeshiva University in Manhattan, and a Bachelor of Arts degree from the University of Bombay in India. He is a New York State Licensed Master Social Worker and Licensed Clinical Social Worker.

Speakers for the evening



8 yr. survivor

Volunteer

KIMBERLY CALLAHAN, is 38 years old and was diagnosed with stage 2 invasive ductal breast cancer at the age of 30. Kimberly went through six months of intense chemo, had a double mastectomy and radiation. All while in a mentally abusive relationship.

At times things seemed hopeless however she kept faith, left her relationship and started her life over. She then met an amazing man who is now her husband. Although they said there was a very high chance she would never get pregnant, she naturally did and gave birth to a healthy girl who is now four years old.



6 yr. survivor

Volunteer

DEBORAH HOLLEY, is a grandmother to three amazing grandkids and a committed chocoholic, whose favorite pastime is reading on the beach. Two years after supporting her sister through breast cancer, Deborah found herself in a similar position. Diagnosed with ductal carcinoma in situ she had an unilateral mastectomy. During the 18 months of subsequent reconstructive surgeries, Deborah, an educator of almost 30 years at the time, continued teaching. Deborah is always looking for ways to give back to the community. When an opportunity to volunteer at AUBCH was presented she was passionate about participating.

Speakers for the evening



4 yr. survivor

*English Teacher,
New Hyde Park
Memorial High School*

KATHLEEN MARIE KASPAR has been teaching English for 22 years at New Hyde Park Memorial High School. She has also taught undergraduate writing classes at St. John's University, Hofstra University, and Nassau Community College. In addition, Kathleen has taught graduate secondary education classes at Adelphi University. She earned a B.A. from Loyola College in Maryland and a M.S. from Hofstra University.

Kathleen enjoys the beauty of Long Island's South Shore as she grew up in Massapequa and now along with her husband, Michael frequents the sand and surf of Long Beach. She and her husband also spend much time on the North Fork along with their sidekick...Jetty, the French Bulldog.

Four years ago, during a routine health screening, Kathleen was diagnosed with breast cancer. During her treatment, she attended an event sponsored by the Adelphi Breast Cancer Program. As a result, Kathleen knew she had to pay it forward and started Pink October at New Hyde Park Memorial High School. This month-long fundraising program raises awareness for early detection and annual exams as well as engages the school community in various events. The relationship between New Hyde Park Memorial High School and the Adelphi Breast Cancer Program highlights the strength in community when all come together to continue the fight for a cure.

We are here for you

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077

Founded in 1980



BREAST CANCER HOTLINE

Call our hotline **800.877.8077** and speak with a breast cancer survivor or a licensed social worker

ONLINE CHAT

Chat live with a licensed social worker or survivor. Visit us online **breast-cancer.adelphi.edu** and click the **chat with us** button

SUPPORT SERVICES

- Join an in-person support group (offered in both English & Spanish)
- Speak with a professional social worker in person or by phone

STAY INFORMED & CONNECTED

- Community Outreach
- Educational Forums
- Wellness Workshops
- Celebration of Survivorship
- Become a Volunteer

COMMUNITY PROGRAMS

- Our workshops are free and review risk reduction, early detection, nutrition, exercise and more.
- **Sisters United in Health/Hermanas Unidas en la Salud**, is a collaboration of local organizations addressing health care disparities. We provide bilingual breast health information and connect people to free and low-cost mammograms and other health screenings. **Contact us at 516-877-4331.**
- **Bilingual Social Work Services** are provided to underserved women diagnosed with breast cancer.

All services are free and confidential
breast-cancer.adelphi.edu



SISTERS UNITED IN HEALTH

An initiative for breast health.

HERMANAS UNIDAS EN LA SALUD

Una iniciativa para la salud del seno.

BREAST CANCER EDUCATION AND EARLY DETECTION CAN SAVE YOUR LIFE!



Sisters United in Health
516.877.4331

WE CAN...

- Connect you to free and low-cost mammograms and other health screenings**
REGARDLESS OF YOUR HEALTH INSURANCE
OR IMMIGRATION STATUS.
- Provide free health workshops.**

*We are supported by grants from
the NYS Department of Health, the Mother Cabrini Health Foundation
and The LI2Day Walk.*

*Sisters is a project of the
Adelphi NY Statewide Breast Cancer Hotline & Support Program
breast-cancer.adelphi.edu • 800.877.8077*



Support Groups

WEEKLY GROUP

General Support Group

Mondays (6:00 – 7:30 pm)

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

BI-WEEKLY GROUPS

Online, Young Women's Support Group, Under 40

Wednesdays (7:00 – 8:30 pm)

Women under the age of 40 who are diagnosed with breast cancer have particular needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment. This support group meets online.

Support Group for Stage 4 Breast Cancer

Thursdays (6:30 – 8:00 p.m.)

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

****At this time, all support groups are being held online until further notice.** There is no charge to attend.**

To participate in one of the listed support groups please call our Hotline at **800.877.8077** or e-mail [**breastcancerhotline@adelphi.edu**](mailto:breastcancerhotline@adelphi.edu) to pre-register. Pre-registration is required.

These groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, the Mother Cabrini Health Foundation, the NYS Department of Health and Sientra Full Circle

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



Support Groups for Latina Women

CAFECITO

On-Going Breast Cancer Support Group for Latina Women
Twice Monthly (516) 877-4329

Cafecito is a support group for Spanish speaking women facing breast cancer.

For information, questions, or to join Cafecito Support Group, contact **Angela M. Papalia**, LMSW, Assistant Director at 516.877.4329 or apapalia@adelphi.edu

PARA NUESTRO BIENESTAR

Online Breast Cancer Support Group for Latina Women

A space of friendship and support for Latina women with breast cancer. If you have been diagnosed with breast cancer within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you could be experiencing with your diagnosis.

For information, questions, or to join the Para Nuestro Bienestar support group, contact **Adriana Valencia**, LMSW, Bilingual Social Worker at 516.877.4371 or avalencia@adelphi.edu.

At this time, all support groups are being held online until further notice. There is no charge to attend.
Pre-registration is required.

These groups are provided by the Adelphi Breast Cancer Program and supported by grants from Kat's Ribbon of Hope, the Mother Cabrini Health Foundation, and Pink Aid.



Support Groups

ONLINE ART THERAPY WORKSHOPS

Our (4) week art therapy workshops empower participants to express themselves using art. We provide a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

Please contact us if you are interested in joining our next **Art Therapy series**.

Workshops are facilitated by Angela M. Papalia, LMSW, Assistant Director for the Adelphi Breast Cancer Program along with Kimberly Newman, BFA, Communications and Marketing Coordinator for the Adelphi Breast Cancer Program.

All groups are free but registration is required. Dates to be announced.

For information or questions please call
Angela M. Papalia, LMSW at (516) 877-4329
or email apapalia@adelphi.edu.

*This group is provided by the Adelphi Breast Cancer Program
and supported by grants from the NYS Department of Health
and the Mother Cabrini Health Foundation.*



Help support our program.
Your contributions are essential.

breast-cancer.adelphi.edu/donate

There are many ways you can support the **Adelphi Breast Cancer Program**.
All gifts made from 1/1/20 through 12/31/20, will be cumulative.

Please visit breast-cancer.adelphi.edu/donate
for information on how to make your donation.

Anniversary Campaign

To celebrate our 40th Anniversary, we are asking you to consider making a gift of **\$40.00** in commemoration of this milestone.

Become a Ruby Donor

Our **RUBY** anniversary is a special one. For 40 years the Adelphi Breast Cancer Program has been educating, supporting, empowering and advocating for breast cancer patients, professionals and the community.

In honor of our 40th Anniversary, all donations of **\$400** will receive a commemorative necklace from Fortunoff jewelers. **Contributions can be a single \$400 donation or cumulative donations over the course of the year.** Recurring gifts paid via credit card can be scheduled and will post on the 15th of every month.

All donations from January 1, 2020 to December 31, 2020 will qualify (while supplies last).

In addition to receiving this token of our appreciation, all RUBY donors will be acknowledged on our **“YOU ARE A GEM”** web page. We will also acknowledge your generous gift on social media. *If you prefer, you can also choose to remain anonymous.



Our 40th Anniversary necklace has a double heart charm with custom engraving of our 40th Anniversary logo and the word Strong. The necklace and 18 inch chain are sterling silver and will come in a Fortunoff Jewelry box.



The CARES Act allows all taxpayers- whether or not you itemize – to take a charitable deduction of up to \$300 for the 2020 tax year.

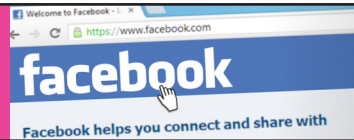
Adelphi University is a qualified 501(c) (3) tax-exempt organization and donations are tax-deductible to the full extent of the law.



Help support our program.
Your contributions are essential.

breast-cancer.adelphi.edu/donate

Support us with your very
own facebook fundraiser.



Facebook Fundraisers

Did you know that you can host a fundraiser through your Facebook page to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program?

All funds raised through Facebook go directly to our program.

Steps to start your Facebook Fundraiser:

STEP 1

From your Facebook homepage, you will see **FUNDRAISERS** listed on the left gray panel. Click on the word Fundraisers.

STEP 2

Click the button that says **SELECT NONPROFIT**. Choose The Adelphi NY Statewide Breast Cancer Program from the list.

STEP 3

Choose **The Adelphi Breast Cancer Program** from the list.

STEP 4

Follow the prompts and fill in the fields to create your own Facebook Fundraiser to benefit our program. Answer the questions.

STEP 5

Provide a title for your fundraiser. Write a short paragraph about why you are raising money for this cause.

STEP 6

Pick a cover photo. You can pick any image that represents your fundraiser. ie: a pink ribbon. We can also send you an image or logo to use.

STEP 7

Then hit **CREATE**. Now you have created your fundraiser. Please encourage your friends and family to share the post.

Thank you to our Sponsors

****Listed in alphabetical order****



1080 Corporate Drive, Westbury, NY 11590
www.citycellarny.com

Lesley Decker



1500 Old Country Road, Westbury, NY 11590
www.fortunoffjewelry.com

Adee and Don Hendler

Michael M. Kaspar

Karen Kostroff, M.D., FACS
Chief of Breast Surgery, Northwell Health
2001 Marcus Ave. Suite West 270, Lake Success, NY 11042
| 516.775.7676 | www.kostroff.com

LONG ISLAND
PLASTIC SURGICAL
GROUP, PC

999 Franklin Avenue, Garden City, NY 11530
www.lipsg.com



Jennifer Scully Designs
516.695.9921 jenniferscullydesigns.com



Every year, we host our Celebration of Survivorship. We gather around a meal to honor stories of strength, hope, and resilience. This year we are hosting our first ever virtual Celebration of Survivorship. We would like to encourage those attending to make the same recipe to enjoy during the event. We would like to thank **Thomas Kuenzel, Chef De Cuisine at City Cellar American Modern** who has submitted a fantastic **Falafel Israeli Salad** recipe for everyone to make at home.

Falafel Israeli Salad

- 12 tomatoes small dice, no seeds
- 6 cucumbers small dice
- 2 red onions minced
- 4 bunches parsley, chopped
- 1 bunch mint, chopped
- 1 quart Israeli couscous
- 4 lemons, juiced
- ½ cup extra virgin olive oil

Mix all ingredients together.
Season to taste with salt and pepper. Set aside

For the Falafel

- 1 can garbonzo beans, drained
- 4 tbsp cumin
- 1 tbsp paprika
- ½ cup chopped garlic
- 1 quart chopped parsley
- 1 quart chopped cilantro
- 4 lemons zested
- 1 cup chickpea flour/ap flour

1. Roast garbonzo beans in oven for 1 hour at 300° in oven. Let cool.
2. Place all ingrediecnts in food processor and blend to desired smooth consistency.
3. Form into 1.5 ounce balls.
4. Fry in sautee pan until golden brown.
5. Garnish salad with warm Falafel.
6. Garnish with fresh mint leaves.



CITY CELLAR

WINE BAR & GRILL

*City Cellar is a Modern American Restaurant
which offers a terrific environment for
singles, couples, family, and friends.*

The bar is upscale and casual.

*The dining room is large and sophisticated
with high ceilings, rich wood trims, and warm lighting.*

**1080 Corporate Drive
Westbury, NY 11590
516.693.5400**

www.citycellarny.com

*Warm loving
wishes to
survivors
everywhere!*



Lesley Decker



SUPPORT THE EFFORTS OF OUR CARE GIVERS.

20% of purchases from our **Power of Pink** collection through the month of October will be donated to the NY State Adelphi Breast Cancer Hotline.

fortunoff

FINE JEWELRY

In-person in-store appointments and online Zoom appointments available
1500 Old Country Rd, Westbury, NY 11590 • Store hours Thurs-Sun 12-4pm
FortunoffJewelry.com • service@fortunoffjewelry.com • 1-800-636-7886

*Thank you
for all you continue to do,
supporting and educating
so many about breast cancer.*

Adee and Don Hendler





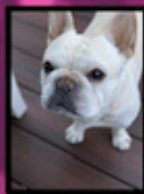
*Kathleen
Kaspar*

Congratulations!

*We are so proud
of you!*

Love,

*Mom and Dad
Kaspar*



ME TOO!



*Congratulations
Kathleen Kaspar*

*With all my love and support
~ Michael Kaspar*

Congratulations



To the speakers at tonight's
Celebration of Survivorship
and to all
Breast Cancer Survivors.

Karen Kostroff, M.D., FACS

Chief of Breast Surgery, Northwell Health

2001 Marcus Ave. Suite West 270, Lake Success, NY 11042

| 516.775.7676 | www.kostroff.com

LONG ISLAND
PLASTIC SURGICAL
GROUP, PC

proudly supports the
Adelphi Breast Cancer Program

and the
Celebration of Survivorship 2020



The Breast Reconstruction Center at Long Island Plastic Surgical Group is composed of surgeons with the highest level of training from some of the most respected institutions in the world including Memorial Sloan-Kettering Cancer Center and Cleveland Clinic.

lipsg.com | BreastReconstructionHelp.com | (516) 714-5300

GARDEN CITY | EAST HILLS | BABYLON | MANHATTAN | FLUSHING | HUNTINGTON | BROOKLYN



Jennifer Scully Designs

**As seen in Architectural Digest.
Creating healthier homes through
thoughtful and inspired interior design.**

**Visit our 100% vegan online shop
A portion of all proceeds are donated to
Mrs. Claus For A Cause, Inc.**



jenniferscullydesigns.com/shop



I'M A SURVIVOR


4 YEARS AND COUNTING

KATHLEEN MARIE KASPAR
4 yr. survivor

BEACON CONGRATULATES KATHLEEN KASPAR

Four years ago, during a routine health screening, Kathleen was diagnosed with breast cancer. During her treatment, she attended an event sponsored by the Adelphi Breast Cancer Program. As a result, Kathleen knew she had to pay it forward and started Pink October at New Hyde Park Memorial High School.





She stood in the storm,
and when the wind did
not blow her way, she
adjusted her sails.

—Elizabeth Edwards

KATIE ENMARE KASPAR
4 years in Norway

Congratulations Katie Kaspar
—Dave Doran

In honor of the dedicated
and caring staff of the
Adelphi NY Statewide
Breast Cancer Hotline
and Support Program

and to our fellow volunteers-
it is a privilege to know and
work with you!

Reva Rothenberg

Lita Rudy

We are celebrating our
40th anniversary
because of the
hardwork and dedication
of our amazing volunteers.



Thank you to our incredible
speakers this evening.
Your inspiring stories
give us all hope.

Alida & Roy Rubenstein

In honor of
this year's honorees
and in
gratitude and appreciation
to the
Adelphi Breast Cancer Program,
thank you for your
dedication, support and caring.



**Barbara and Marc Ehrenpreis
and Family**

*“The right word spoken at the right time is as beautiful as gold apples in a silver bowl”
Proverbs 25:11 (NCV)*

*Deborah, my sister and friend,
so many times your words have encouraged
and strengthened me on life's journey.*

*Your fortitude, wisdom and resilience
are to be applauded.*

Daughter, sister, mother, grandmother

*We love you,
Meg*

Debbie Langendorff
honors the
Adelphi Breast Cancer Program
for providing
support and information
to women and men
throughout New York State
for over 40 years.



Thank You!

Many thanks to the
terrific group of professionals
and volunteers at the
Adelphi Breast Cancer Program

They work tirelessly
to keep the community
informed and supported.

Janet and Barry Spool



Milagros Roman

Thank you to our team at the
The Adelphi Breast Cancer Program

Thank you to all
the dedicated volunteers at
The Adelphi Breast Cancer Program



Thank you for your support.

****Listed in alphabetical order****

Christina Burke

Kimberly Callahan

City Cellar

Lesley Decker

David Doran

Barbara & Marc Ehrenpreis and Family

Steve Everett, D.M.A.

Fortunoff Fine Jewelry

Adee and Don Hendler

Deborah Holley

Meg Holley

Jennifer Scully Designs

Kathleen Marie Kaspar

Michael M. Kaspar

Karen Kostroff, M.D., FACS

Debbie Langendorff

Long Island Plastic Surgical Group, PC

Manoj Pardasani, PhD

Milagros Roman

Reva Rothenberg

Alida and Roy Rubenstein

Lita Rudy

Janet and Barry Spool

Raise Your VOICE



TAKE ACTION NOW! #FundABCP

Raise Your Voice. Contact your elected officials **TODAY** and request they reinstate funding for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** in the New York State Budget. Use our letter template, enter your name, print and mail.

There are many ways you can get involved and share our message.

Visit our website at:

breast-cancer.adelphi.edu/information-and-resources/raise-your-voice

- Download our letter template;
- Contact your local Senators;
- Utilize our sample social media posts for easy cutting and pasting.

STAY CONNECTED TO US!



Your contributions are essential. Please visit our website to make a gift or donate by check.

Adelphi NY Statewide Breast Cancer Hotline and Support Program reserves the right to use video taken on the Celebration Zoom without the expressed written permission of those included within the video. We may use the video in publications or other media material. A person attending the Celebration Zoom who does not wish to have their image recorded should turn off their camera during the event.



breast-cancer.adelphi.edu