



Online

*Celebration of
Survivorship*

Wednesday, October 13, 2021

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.



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

Manoj Pardasani, PhD

Dean, School of Social Work, Adelphi University

Speakers for the Evening

Arlette Hagans

4 yr. survivor

Luisa Jefferson

7 yr. survivor

Julie Bickar Nappi

3 yr. survivor and volunteer

Closing Remarks

Reyna Machado, MA, MBA

Executive Director, Adelphi Breast Cancer Program

Message From



REYNA MACHADO, MA, MBA

Executive Director

Adelphi NY Statewide

Breast Cancer Hotline & Support Program

As the stressors of the last year and a half shift into the past, an amazing opportunity comes toward us. A new beginning -- untethered by practices that no longer serve us. We have been given the opportunity to shake off habits and routines and decide how we want to spend our time and truly be present.

The staff at the Adelphi NY Statewide Breast Cancer Hotline & Support Program consistently took the opportunity, while in the storm, to plan for this new beginning. We are thrilled to be back in the office, on-site at Nassau University Medical Center, and in the community. In order to protect our most vulnerable community members, we have continued to hold educational forums, support groups and our beloved Celebration of Survivorship over ZOOM. As we look to the fall, we exhale knowing that during one of the most challenging times in history, our clients and volunteers were safe. We look forward to new beginnings and will carry with us the lessons learned as we embrace another year together.

Tonight promises to be an inspiring evening we are proud to share with you -- our clients, volunteers, and supporters. Thank you to the staff, volunteers, and Advisory Board members for your dedication which allows our program to serve the breast cancer community. Without your tireless efforts, our success would not be possible. As the program enters its 41st year, let's continue to celebrate innovation, resilience, and support. You are not alone.

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



**ARLETTE
HAGANS**
4-year survivor

Arlette Hagans was diagnosed with breast cancer in July of 2017. A four year breast cancer survivor, Arlette is a natural born Long Islander, and is a proud daughter, a mother to her adult son and daughter, and a grandmother to three amazing grandchildren. Arlette credits her strong faith to helping her survive and thrive throughout her journey with breast cancer.

Throughout her surgeries and treatment, Arlette continued to work in the field of customer service and telemarketing, helping others. Arlette is dedicated to letting other women know the importance of keeping your faith, even when times are tough and that together, anything is possible.



**LUISA
JEFFERSON**
7 year survivor

Luisa Jefferson was diagnosed with breast cancer in the summer of 2014. After successfully completing chemotherapy treatment, she had surgery followed by radiation. Luisa credits her family, especially her husband, for helping her get through the tough times during treatment. Also, her job as a finance professional played a key role in keeping her mind occupied and helped her remain focused during her journey.

Speakers for the evening



**JULIE
BICKAR NAPPI**
3-year survivor,
volunteer

At age 45, after finding a lump accidentally while rolling over in bed, **Julie Bickar Nappi** was diagnosed with breast cancer that had already spread to a lymph node, despite having had a negative mammogram and ultrasound only a few months prior. Her children were ages 9 and 11 at the time and were instrumental in helping Julie get through surgery, chemo and radiation. She is now cancer-free while she continues with hormone therapy as well as participates in the national Aspirin for Breast Cancer (“ABC”) clinical trial. Both of Julie’s parents were diagnosed with later stage cancers and died too young, so she strongly encourages people to become their own advocates and educate themselves about cancer. Appearing on TV News12 in 2020 during the pandemic, Julie urged cancer screenings. Julie is a management consultant and board member at Ardmore Home Design/Made Goods; she obtained her MBA from Harvard Business School and her BS in Economics from The Wharton School at the University of Pennsylvania.

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

SUPPORT SERVICES

- Join an in-person or online 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 Workshop
- 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 patients 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.*

*Sisters is a project of the
Adelphi NY Statewide Breast Cancer Hotline & Support Program
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Support Groups

WEEKLY GROUPS

General Support Group (Tuesdays)

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

Recurrence Support Group (Mondays)

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others in similar situations.

BI-WEEKLY GROUPS

Under 40, Young Women's Group (Tuesdays)

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.

Support for Stage 4 Breast Cancer (Thursdays)

Meet with other women who are diagnosed with Stage 4 Metastatic Breast Cancer with others in similar situations.

CREATIVE ARTS WORKSHOPS

Our (4) week creative arts workshops empower participants to express themselves using art. This therapeutic program offers 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.

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

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800-877-8077



Support Groups for Spanish Speaking Women

CAFECITO

Twice Monthly

Call Angela Papalia, LMSW (516) 877-4329

Cafecito is a Spanish language support group for long-term survivors of breast cancer.

PARA NUESTRO BIENESTAR

Thursdays

Call Adriana Valencia, LMSW (516) 877-4371

Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed 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 may be experiencing with your diagnosis.

The Adelphi Breast Cancer Program is open.
All counseling and support groups are being offered over the phone and online.

To participate in one of the listed support groups please call our
Hotline at 800.877.8077 or email **breastcancerhotline@adelphi.edu**
to pre-register. Pre-registration is required.

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

These groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, Kat's Ribbon of Hope, the Mother Cabrini Health Foundation, New York State, Pink Aid and Sientra Full Circle.

**ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM**



800.877.8077 • breast-cancer.adelphi.edu

JOIN US FOR A SPOOKY GOOD TIME!



Drive-In Movie Night Fundraiser
to benefit the **Adelphi Breast Cancer Program.**



October 22, 2021

***Rain date: November 5, 2021**

Time: 6:30 pm

Location: Adelphi University

One South Avenue

Garden City, NY 11530

***Movie to be shown in parking lot 5**

Tickets must be purchased in advance.

Concessions will be available
for purchase the day of the event.

General Admission Ticket: \$40.00

***Ticket prices are per car.**

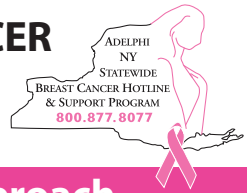
TICKETS ON SALE NOW

https://breast-cancer.adelphi.edu/au_event/movie-night-fundraiser/

Nickelodeon t-shirts will be provided
to the first 150 people who attend.
T-shirts will be sizes L and XL. While supplies last.

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

invites you to join us for a free **online** educational forum



Breast Relief - A Systematic Approach to Post-Mastectomy Pain

Monday, November 15, 2021 (4:00 - 5:15 pm)



SPEAKERS



Jonathan Bank, MD, FACS
NYBRA Plastic Surgery



David Rosenblum, MD
AABP Integrative
Pain Management



Diana Tjaden, PT, DPT
IVY Rehab Physical Therapy
(Full Circle Breast Cancer
Recovery)

Join us for an informative workshop with experts **Jonathan Bank, MD, FACS**, **David Rosenblum, MD**, and **Diana Tjaden, PT, DPT**, who will discuss the options women have when experiencing chronic pain after breast surgery.



REGISTRATION:

To register, visit

<https://bit.ly/3hww1hX>

For more information call 516.877.4325.

LOGIN INFORMATION:

The zoom meeting login information will be sent to you upon registration.

Using the link we send to you, please log on by 4 pm. Make sure your microphone is on mute.

*The 2021 educational forums are sponsored by
The Junior Coalition of the
Manhasset Women's Coalition against Breast Cancer
the Mother Cabrini Health Foundation
and Northwell Health Cancer Institute*

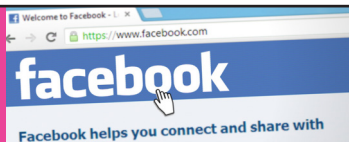
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Help support our program.
Your contributions are essential.

breast-cancer.adelphi.edu/donate

Support us with your very own
facebook fundraiser.



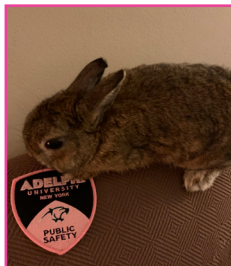
Facebook Fundraisers

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.

Please visit <https://breast-cancer.adelphi.edu/support-us/facebook-fundraising> for step by step instructions to start your fundraising campaign.

The Pink Patch Project



Adelphi Public Safety has teamed up with the Adelphi NY Statewide Breast Cancer Hotline & Support Program to promote Breast Cancer Awareness Month. With your donation to the Adelphi Breast Cancer Program you will receive a pink uniform patch. All proceeds will be donated to the Adelphi Breast Cancer Program.

The Pink Patches will be available throughout the month of October, while supplies last, by visiting Public Safety in Levermore Hall, Room 113. With any donation amount you will receive a **PINK PATCH**. For more information contact SGT. Lennon at (516) 877-3499 or email: Glennon@adelphi.edu.

The Pink Pumpkin Patch

Join us at the **Pink Pumpkin Patch** at UNITARIAN UNIVERSALIST CONGREGATION OF CENTRAL NASSAU (UUCN)

Date: Saturday, October 16th

Time: 12-5 pm

Place: 223 Stewart Avenue, Garden City, NY 11530

For more information and to place an order

<https://www.facebook.com/diane.turcic>



Fortunoff "Power of Pink"

Fortunoff Fine Jewelry is proud to support Adelphi Breast Cancer Hotline & Support Program. Fortunoff has curated a collection of jewelry that uses the pink color of the breast cancer awareness movement. The **#PowerofPink** donates 10% of sales from the "pink collection" to the Adelphi Breast Cancer Program. You will also receive 10% off your purchase.

Visit: <https://www.fortunoffjewelry.com>



Ghosts and Goblins for Cancer

Each October for Breast Cancer Awareness Month, Frank Amoruso decorates his Island Park home as **THE BATES MOTEL**. Frank raises money with his haunted house to support the Adelphi Breast Cancer Program.

Visit the **BATES MOTEL** throughout October at 1039 Traymar Blvd, Island Park.



Thank you to our Sponsors

Karen Kostroff, M.D., FACS

Chief of Breast Surgery, Northwell Health

Karen Michele Kostroff, MD is one of New York's most renowned breast cancer surgeons. Dr. Kostroff is presently Chief of Breast Surgery for Northwell Health and operates at Long Island Jewish Medical Center. She received her medical degree from Boston University School of Medicine and has been in practice for over 35 years. Dr. Kostroff oversees the Northwell Health breast tumor board, a system-wide teleconference with doctors from 18 different hospitals which allows patients to receive medical opinion from various specialties without having to book multiple appointments. She is one of Northwell Health's 2021 Patients' Choice Award Winners and is proud of her work in educating and guiding patients through their breast cancer journey. Dr. Kostroff is also a member of the Advisory Board for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

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

Thank you to our Sponsors

LONG ISLAND PLASTIC SURGICAL GROUP, PC

Long Island Plastic Surgical Group (LIPSG) comprises 24 plastic surgeons. Having performed over 10,000 breast reconstruction procedures and being the oldest and largest private and academic plastic surgery practice in the United States, LIPSG has made a commitment to provide education, create awareness, and take leadership on the subject of breast cancer and reconstruction. LIPSG's main facility is in Garden City, NY, and the practice has additional offices in East Hills, Babylon, Manhattan, Brooklyn, Flushing, and Huntington.

LONG ISLAND
PLASTIC SURGICAL
GROUP, PC

proudly supports the
Adelphi Breast Cancer Program

and the
Celebration of Survivorship 2021



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.

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PLASTIC SURGERY

NYBRA Plastic Surgery is a leading plastic surgery practice focused on surgical excellence in breast reconstruction, aesthetic surgery, and patient care. Located in Great Neck, New York, NYBRA has satellite facilities in Commack and Manhattan. Drs. Randall S. Feingold, Ron Israeli, Peter Korn, David Light and Jonathan Bank have decades of experience in microsurgery with a range of specialties and focuses. Our commitment is to the physical and emotional well-being of our patients through their journey and we are with them every step of the way. Visit NYBRA.COM for information about our services and a complete guide to our practice, and patient community.

NYBRA

PLASTIC SURGERY



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New techniques presented at national conferences
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Founders of the premier educational website breastreconstruction.org

PATIENT SUPPORT SERVICES:

Pre-op and post-op counseling and guided imagery
Patient and spouse support groups
In-office educational lecture series
Nutrition, meditation, writing and yoga workshops

COMMUNITY INVOLVEMENT

Flagship Sponsors of the annual American Cancer Society
Making Strides Against Breast Cancer Walk on Jones Beach
American Cancer Society Long Island Board of Advisors

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516-498-8400 NYBRA.COM/ADELPHI

Thank you to the
staff and volunteers
on a successful year.



Congratulations
to our incredible speakers
this evening. Your commitment
and dedication inspire us all.

Reyna & Eddie Machado

Congratulations

to the staff at the
Adelphi NY Statewide Breast Cancer
Hotline & Support Program
on this year's
Celebration of Survivorship.

Thank you

for your steadfast commitment
to serving our community.

“Safe, Natural, Easy Weight Loss Program”

28 Jones Street, Suite 101

Setauket NY 11733

(631) 468-8288

www.longislandweightlosscenters.com



**In admiration of ALL
the honorees,
breast cancer survivors,
fighters and caretakers.**

**Warm wishes
and blessings from
The DeMatteis Family**

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



Thank You!

Thanks to all of the volunteers who inspire
me daily with their **strength, perseverance,**
commitment and **dedication** to help others.

I am forever grateful.



Nina Foley

CONGRATULATIONS

to all of the 2021 panelists:

**Arlette Hagans,
Luisa Jefferson
and
Julie Bickar-Nappi.**

You inspire us all!

**With gratitude & love,
Angela Papalia**



**Thank you
Angela Papalia
and
Adelphi Breast
Cancer Program
you all have
given us all hope.**

**With love
& gratitude**

Arlette Hagans



*In loving memory
of
Debbie and Hy Schwartz*

Merna Sharqi



**Thank you
to the amazing
staff and volunteers
of the
Adelphi Breast Cancer Program.
Your unwavering
dedication and compassion
in helping others
to weather the storm
is unparalleled
and gives hope to us all!**



*With love & gratitude,
Angela Papalia*

Thank you for your support.

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

The DeMatteis Family

Nina Foley

Arlette Hagans

Karen Kostroff, M.D., FACS

Debbie Langendorff

Long Island Plastic Surgery Group, PC

Long Island Weight Loss Center

Reyna and Eddie Machado

NYBRA Plastic Surgery

Angela Papalia

Merna Sharqi

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

New Beginnings.



Take charge of your health today!

CONTACT US

- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who can help.

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OUTREACH • EDUCATION • ADVOCACY**

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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.

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