



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu

SOCIAL WORK BREAKS BARRIERS

March 2023 - Newsletter

[View Website](#)

March is Social Work Month

Social Work Breaks Barriers. Each day, our social workers break barriers to help empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, we help people to find strength in coping with some of life's greatest challenges.



"Breaking barriers and addressing gaps in services are just a few of Social Workers' superpowers. Fighting injustice, and helping to ensure that individuals have access to comprehensive healthcare and mental health services are just some of the ways that our Social Workers assist people everyday. I consider it a privilege to help ensure that all individuals dealing with a breast cancer diagnosis receive the respect, dignity and compassionate care that they absolutely deserve."



Angela M. Papalia, LMSW

Assistant Director, Adelphi Breast Cancer Program

"Social Workers respect and value each individual's right to self-determination and to receive life-sustaining services. Each person arrives with unique early life experiences which have contributed to personal coping skills when confronted with barriers to care. By strengthening those skills and supporting openness to receiving help, Social Workers enable individuals to receive supportive services and overcome barriers."



Lois Goetz, LMSW, ACSW

Bilingual Social Worker, Adelphi Breast Cancer Program

"Social Workers provide a voice for vulnerable people when they lose their voice. Social Workers empower clients in finding their voice by providing them with resources and support."



Nina Foley, LMSW

Volunteer and Hotline Coordinator, Adelphi Breast Cancer Program

"Our Social Work team is committed to helping break barriers. On an individual level, we work to identify barriers to care such as lack of health insurance, language barriers, loss of income, and mental health needs. We then strategize on how to best address them, so our clients can focus on their health and well-being. On a macro level, our advocacy efforts focus on ensuring breast cancer prevention and treatment remains a top priority in Albany and Washington, DC, so all those affected by breast cancer can do so with dignity and access to the best care possible."

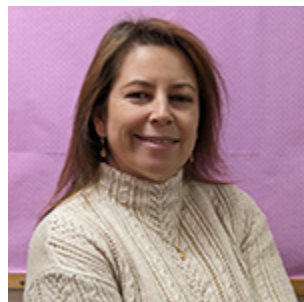


Adriana Valencia, LMSW

Bilingual Social Worker, Adelphi Breast Cancer Program

Program Updates

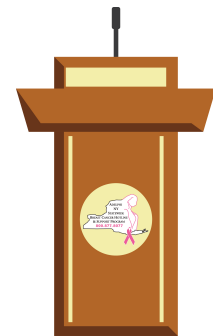
Welcome to our new Bilingual Outreach Coordinator



On Monday, January 30th we welcomed **Sandra Martinez** to our staff. Sandra is our new **Bilingual Outreach Coordinator**. She is super excited to be at the Adelphi Breast Cancer Program and part of the team. Her goals are to offer quality help, information, education, and resources about breast health to all the people in need of our services. She intends to raise awareness and bring more resources to all communities. As a Latina and as an immigrant woman, she understands the barriers minorities face. Because of that, she wants to make a difference and help people as best she can.

Before joining this incredible team, she worked as a Bilingual Parent Counselor at the Child Care Council of Nassau for sixteen years. She has a Bachelor's degree in Social Communications and Journalism from Externado of Colombia University, located in Bogota, Colombia, her native country. Sandra lives in Nassau County, Long Island with her husband, son, and lovely dog. **Welcome to the team Sandra!**

Upcoming Forums



Join us on zoom for a forum **5 Things To Know About Breast Reconstruction**. Dr. David Parizh, Board Certified Plastic Surgeon at **New York Plastic Surgical Group, a Division of Long Island Plastic Surgical Group**, will address the following topics:

- Reconstruction Options
- No one procedure is right for all women
- Insurance coverage for breast reconstruction
- Involving a plastic surgeon from the beginning
- Confidently choosing your plastic surgeon

Date: Friday, March 17, 2023

Time: 12:00 pm - 1:00 pm

Place: Zoom

Spanish interpretation will be available during this program.
Nos complace compartir que este foro incluirá interpretación en español.

[Click here](#) to register for this forum.



Join us on zoom for an intimate panel discussion about how different couples navigated their breast cancer experience. This forum will be moderated by a licensed social worker.

SAVE THE DATE – More information to follow

Date: Monday, April 24, 2023

Time: 4:00 p.m. - 6:30 p.m.

Place: Zoom

[Click here](#) to register for this forum.

If you have missed any of our past forums, please visit our [YouTube](#) channel to watch the videos.

Our forums are sponsored by

The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer, and Northwell Health Cancer Institute.

Support Groups

ALL COUNSELING AND SUPPORT GROUPS ARE BEING OFFERED OVER THE PHONE AND ONLINE



8-week support groups

[Click here](#) to see our support group schedule.

For more information, questions and to register for a support group, call **800-877-8077** or email breastcancerhotline@adelphi.edu to pre-register. Pre-registration is required.

All groups are facilitated by a licensed social worker.

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

NEWLY DIAGNOSED

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations in this group. **For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329. This is an online group that will be meeting on Zoom.**

THE LOTUS CIRCLE

The Lotus Circle welcomes women who are newly diagnosed with breast cancer and undergoing treatment. The 8-week group seeks to provide a safe space for participants to discuss their diagnosis and explore helpful ways to rise from the challenges of a breast cancer diagnosis.

For more information and to register, call Adriana Valencia, LMSW (516) 877-4371. This is an online group that will be meeting on Zoom.



RECURRENCE SUPPORT GROUP

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

UNDER 40, YOUNG WOMEN'S GROUP

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

Individuals with Stage 4 Metastatic Breast Cancer will meet to share information, feelings, hopes, and coping strategies.

SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN

Call Adriana Valencia, LMSW (516) 877-4371.

Llame a Adriana Valencia, LMSW (516) 877-4371.

Cafecito

Free 6-week online support group, for Spanish-speaking breast cancer survivors. Led by a licensed social worker, each session of CAFECITO will cover topics relating to your survivorship journey, such as understanding follow-up care, changes to your body, intimacy & navigating the intricacies of life after cancer.

Cafecito

El Adelphi Breast Cancer Program estará ofreciendo su grupo de apoyo, CAFECITO, para sobrevivientes del cáncer del seno en español. El grupo de 6 semanas es gratuito y tomará lugar a través de ZOOM. Dirigido por una trabajadora social licenciada, cada sesión de CAFECITO cubrirá temas relacionados con su supervivencia. Temas como su seguimiento, los cambios en su cuerpo, la intimidad y las complejidades de la vida después del cáncer serán exploradas.

Para Nuestro Bienestar

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.

Para Nuestro Bienestar

Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama. Si ha sido diagnosticado en los últimos 18 meses, este grupo ofrece un espacio seguro y confidencial donde podemos ayudarle a identificar, aceptar y expresar los sentimientos que pueda estar experimentando con su diagnóstico.

ONLINE CREATIVE ARTS WORKSHOP



REGISTER TODAY!

This group will be held on **(4) consecutive Thursdays from 10:00 am – 11:30 am (EST) April 13, April 20, April 27 and May 4, 2023 on zoom.**

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 will guide you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

Our **Spring Into Wellness** workshop will focus on the importance of taking care of yourself and making positive changes to your lifestyle to promote health and well-being.

All **four** of our sessions will start with a **relaxation/breathing exercise**. We will then complete several **creative projects** focusing on **wellness**. Wellness includes our physical, mental, emotional, spiritual, social and environmental health that contribute to our overall wellbeing. Learn how to incorporate healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

This online workshop will accommodate **20** members. You must register to attend the workshop and all members must commit to attending the **entire 4-week session**. Our Creative Arts workshops are open to people dealing with a breast cancer diagnosis, survivors and/or caregivers.

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.

HOW TO REGISTER:

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

Trip To Albany - January 31, 2023



On January 31, 2023 the Adelphi NY Statewide Breast Cancer Hotline & Support Program traveled to Albany to lobby for New York State funding for the Breast Cancer Community **ACROSS THE STATE** ! We appreciate the time and leadership of our elected officials and their legislative staff. Since 1980, our program has provided community outreach, licensed social work services, health referrals and hope to thousands of New Yorkers diagnosed with breast cancer.

Pictured Above

- (1) Adelphi Breast Cancer Program posing in front of the I Love NY display.
- (2) Met with the Legislative staff of Assemblywoman Amy R. Paulin to discuss dense breast legislation, social determinations of health and women's health issues.
- (3) Met with Assemblywoman Aileen Gunther to discuss our program and services.
- (4) Met with Assemblywoman Kimberly Jean-Pierre and her Legislative staff.
- (5) Met with Senator Kevin Thomas, a champion for women's health and breast cancer.
- (6) Adelphi Breast Cancer Program staff and volunteer.
- (7) Met with Senator Monica R. Martinez and her Legislative staff.
- (8) I love NY wall display.

News and Press Releases

Program Highlights

New Bilingual Coordinator for Adelphi Breast Cancer Program

Long Islander **Sandra Martinez** is the new Bilingual Outreach Coordinator for the Adelphi NY Statewide Breast Cancer Hotline & Support program, located in Garden City. In this role, she will be responsible for Program Coordination of the Sisters United in Health Breast Education Program, which



provides community-based breast cancer outreach, education, and referrals for free or low-cost screenings in underserved communities across Long Island.

[Click here](#) to read article

Forum: 5 Essential Things to Know About Breast Reconstruction

On Friday, **March 17, 2023**, from **12:00–1:00 p.m.** on zoom, Dr. David Parizh, DO, Board-Certified Plastic Surgeon, will present information on what a breast cancer patient should know when considering breast reconstruction. The free event is sponsored by the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

[Click here](#) to read article

Outreach Chief Seeks To Grow Cancer Support Bilingual coordinator helms NY Program

Newsday interviewed Sandra Martinez, our new bilingual outreach coordinator. The article was printed on Sunday, February 12, 2023.

[Click here](#) to read article

Spring into Wellness

The Adelphi NY Statewide Breast Cancer Program is offering a free four-session creative arts support group—Spring into Wellness—empowering breast cancer survivors to express themselves using art.

[Click here](#) to read article

Adelphi Breast Cancer Program Receives Grant from Manhasset Junior Coalition

The Manhasset Junior Coalition, class of 2026, presented a check for \$10,000 to the Adelphi Breast Cancer Hotline & Support Program to fund the breast cancer program's free educational forums.

[Click here](#) to read article

READ MORE

**The Adelphi Breast Cancer Program
wishes our volunteers
the happiest of birthdays!**



Research Opportunities

**The STOP breast cancer clinical trial – Stony Brook Medicine
Are you Postmenopausal? Do you have Dense Breasts?**

Research suggests that women with dense breasts are more likely to develop breast cancer. This study will test if anti-inflammatory drugs are able to reduce breast density and help us understand why breast density is linked to breast cancer development. This study is sponsored by the National Cancer Institute.

If interested, please contact us at **(631) SB-Trial** (728-7425) or CancerClinicalTrials@stonybrookmedicine.edu

Please [click here](#) to see the flyer.

Do you have breast cancer or are you a survivor? Do you live in Nassau County, NY?

Students from Molloy College are conducting a research project. This study plans to examine the connection between breast cancer diagnosis and treatment in relation to COVID-19.

If you currently have Breast Cancer are a Survivor or are in Remission, we invite you to participate in an anonymous 5 -15 minute survey about your experience with Breast Cancer during COVID-19. **Why Complete The Survey?** Your responses will help the scientific community improve breast cancer care during the COVID-19 Pandemic?

PLEASE CLICK THE APPROPRIATE SURVEY LINK BELOW

Patients/Currently Undergoing Treatment: <https://forms.gle/xPveAXvtEGESZS3M7>

In Remission: <https://forms.gle/22vmcWo37XWEQqok7>

If you have any questions, please email molloyresearch2021@gmail.com



Support the Adelphi Breast Cancer Program



DO YOU LIKE A CHALLENGE?

There are so many different ways you can help support, boost awareness, and raise funds for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program**. Get ready to create your very own **FUN**draiser!

Thank you to everyone who has supported us with facebook fundraisers, drive-in movie and exercise events. The annual "power of pink" jewelry collection, pink pumpkins, pink patch and halloween fundraisers have proven successful.

Your fundraising efforts allow us to provide outreach at community health fairs, host volunteer trainings, offer support groups, individual counseling, present educational forums and refer women to free or low-cost mammography screening.

Click here to **[START YOUR FUNDRAISER](#)** and fill out the form. We will share your fundraiser over social media, our website and in our monthly newsletter. We want to help you have a successful campaign!

FACEBOOK FUNDRAISERS

Did you know that you can host a fundraiser through your Facebook page to benefit our program? All funds raised through Facebook go directly to our program.

Ideas for Facebook Fundraisers:

Birthday's, Anniversary's, Holiday Gifts, Runs, Bike Rides, Walks, Pink Ribbon, etc.

Learn how you can setup your own facebook fundraiser to benefit the Adelphi Breast Cancer Program.

[Click here](#) to watch a video with step by step instructions.

DONATE

[Click here](#) to help support the **Adelphi Breast Cancer Program**. Without funding, our program will no longer be able to provide life-saving services to those who are truly in need. Please make a tax-deductible donation today, so that we may be there for the breast cancer community.

Let's Stay In Touch

Contact our Hotline, Visit our Website, Follow us on Social Media

Follow us on Social Media and online to see photos of our wonderful volunteers at our outreach events, stay up-to-date on programs, forums and support groups. Read news articles and new studies on breast cancer, read inspiring stories from our volunteers, watch our events live on facebook and see the wonderful people and businesses that support us.

SOCIAL MEDIA

[facebook](#), [twitter](#), [pinterest](#), [youtube](#), [instagram](#)



WEBSITE

breast-cancer.adelphi.edu

HOTLINE

800.877.8077 - We are here for you 365 days a year!

Thank you to all our sponsors

(Listed below in alphabetical order)

Alpern Family Foundation Inc.

Kat's Ribbon of Hope

Manhasset Women's Coalition Against Breast Cancer

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

The Marilyn Lichtman Foundation

The Mother Cabrini Health Foundation

Nassau County Office for Housing and

Community Development

New York State

Northwell Health Cancer Institute

Pink Aid

Plastic Surgery Foundation
