



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)



SUPPORT  
OUTREACH  
ADVOCACY  
EDUCATION  
REFERRALS  
COUNSELING



### September 2023 - Newsletter

[View Website](#)

## September is Self-Care Awareness Month

September is **Self-Care Awareness Month** and the perfect opportunity to focus on taking care of your body and mind and create a healthier lifestyle for yourself. Here at the Adelphi NY Statewide Breast Cancer Program we provide breast health workshops, information and referrals to give you **knowledge, paving the way to empowerment.**

Please share our "**Knowledge, paving the way to empowerment**" ad campaign with your friends and family and on your social media pages. Below you will find links to download our ad in English and Spanish.

As always, we are here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. If you or someone you know is interested in a referral for a mammogram please call the Adelphi NY Statewide Breast Cancer Hotline & Support Program: **800-877-8077**.



[Click here](#) to download a PDF of our ad in English

[Click here](#) to download a PDF of our ad in Spanish

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## Celebration of Survivorship 2023

Thursday, October 19, 2023 (4:30 pm - 6:00 pm)



Join us



*-2023-  
Celebration  
of Survivorship*

Thursday, October 19, 2023  
4:30 - 6:00 pm

at the Ruth S. Harley University Center Ballroom  
Adelphi University, Garden City, NY

**\*\*\*REGISTRATION IS NOW OPEN\*\*\***

**[Click Here](#) to register for the event.**

Join us in person from 4:30 pm - 6:00 pm  
at the Ruth S. Harley University Center Ballroom  
Adelphi University, Garden City, NY

***A light supper will be served.***

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***Our Speakers*** ([click here](#) to learn more about our speakers)

**SABINE HAIRABEDIAN**

Diagnosed 2014



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**TIM HOTT**

**Diagnosed 2020**



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**TANYA D. CRAWFORD**

**Diagnosed 2020**



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**\*\*Our deadline for journal ads is September 25, 2023\*\***

**Become an event sponsor:**

**Click here** to see our sponsorship opportunities and the included benefits.

**Reserve space in our digital journal:**

**Click here** to reserve your ad space in our digital journal.

- **Full Page** (5.5"w x 8.5"h) **\$200.00**  
(Educational Forums)
- **Half Page** (5.5"w x 4.25"h) **\$100.00**  
(One hour session with a social worker (English or Spanish))
- **Quarter Page** (2.75"w x 4.25"h) **\$50.00**  
(Food card for an underserved breast cancer patient)
- **Listing in Journal** **\$25.00**  
(Gift card for an underserved woman at the completion of her mammogram)

## Thank you to our 2023 Sponsors

**The DeMatteis Family**

**Kathi and Jeff Glass**

**Karen Kostroff, M.D.**

**Neil Tanna, M.D., MBA**

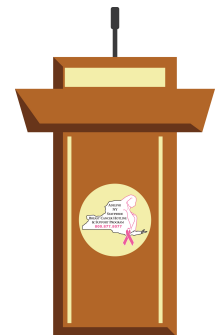
**NEW YORK**  
**PLASTIC SURGICAL GROUP**  
A DIVISION OF LONG ISLAND PLASTIC SURGICAL GROUP, PC

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## Upcoming Forum

**Surviving Breast Cancer: Empower yourself with  
nutrition and healthy lifestyle**







**Friday, September 22, 2023**  
**12:00 - 1:00 pm on Zoom**

**Speaker:**

**Heather Zinkin, MD**

Chief, Radiation Medicine, Huntington Hospital  
Department Radiation Medicine, Northwell Health  
Zucker School of Medicine at Hofstra/Northwell

Join us on **ZOOM** for the **Surviving Breast Cancer: Empower yourself with nutrition and healthy lifestyle** forum. Dr. Heather Zinkin will provide important information to empower patients to take hold of their health. Topics that will be discussed include health screenings, prevention, vaccines, and more.

**[Click here](#)** for more information and to register.

**\*The zoom link will be emailed to you once registered.**

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**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.

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## Support Groups



### Online Support Groups

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

To participate in one of the listed support groups please call our Hotline at **800.877.8077** or email **[breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)** to pre-register. **All groups are free but registration is required. All groups are facilitated by a licensed social worker.**

All groups are facilitated by a licensed social worker of the Adelphi Breast Cancer Program. These programs are 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.

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#### **NEWLY DIAGNOSED (Now Forming)**

Women who are recently diagnosed with breast cancer (within the past 18 months) will have the opportunity to meet with others and receive support.

**For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329.**

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#### **RECURRENCE SUPPORT GROUP**

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

**For more information and to register, call Nina Foley, LMSW (516) 877-4315.**

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#### **UNDER 40, YOUNG WOMEN'S GROUP (Now Forming)**

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

**For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329.**

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### **SUPPORT FOR STAGE 4 BREAST CANCER**

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

**For more information and to register, call Lois Goetz, LMSW, ACSW (516) 877-4347.**

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## **SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN**

### **Cafecito (Now Forming)**

Cafecito is a Spanish language support group for breast cancer survivors who are post-treatment.

### **Cafecito (Ahora Formándose)**

Cafecito es un grupo de apoyo en español para sobrevivientes de cáncer del seno que han terminado su tratamiento de quimioterapia o radiación.

**Call Angela M. Papalia, LMSW (516) 877-4329.**

**Llame a Angela M. Papalia, LMSW (516) 877-4329.**

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### **Para Nuestro Bienestar**

Para Nuestro Bienestar is a Spanish language support group for women who are newly diagnosed (within the last 18 months) to meet with others and receive support.

### **Para Nuestro Bienestar**

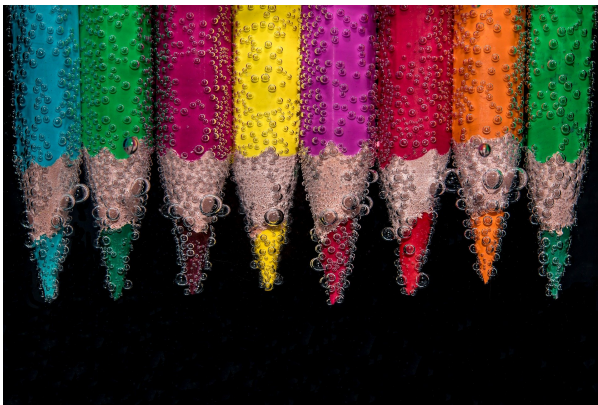
Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama (en los últimos 18 meses) para conocer a otras y recibir apoyo.

**Call Angela M. Papalia, LMSW (516) 877-4329.**

**Llame a Angela M. Papalia, LMSW (516) 877-4329.**

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## **ONLINE 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](mailto:apapalia@adelphi.edu)**.

Our creative arts 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.

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## The Warriors Book Club Meetings



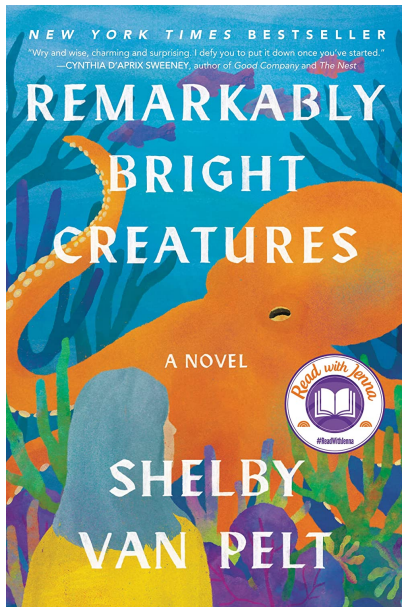
Participation in the Warriors Book Club will provide you with a wonderful, feel-good, laugh out loud and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer. This club will provide the opportunity to connect with others and share an uplifting book.

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**Thursday, September 14, 2023**

**Join us on zoom from 7:00 pm - 8:00 pm**

The book we will be discussing on September 14th is:  
***Remarkably Bright Creatures by Shelby Van Pelt.***



**REGISTRATION:** For more information and to register for our **September 14, 2023** Warriors Book Club Meeting on zoom, please contact Nina Foley at **516-877-4315** or email [nfoley@adelphi.edu](mailto:nfoley@adelphi.edu).

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## **Monday, October 23, 2023**

**Join us for a special in-person Warriors Book Club meeting  
from 3:30 pm - 5:00 pm  
at Adelphi University  
Ruth S. Harley University Center (Room 113/114)**

The book we will be discussing on October 23rd is:  
***Save What's Left by Elizabeth Castellano.***

***\*\*Guests will have the opportunity to meet and chat with author Elizabeth Castellano.***





**Book Description:** An outrageously funny debut novel about a woman who moves to a small beach town looking for peace, only to find herself in an all-out war with her neighbors.



**About The Author:**

Elizabeth Castellano grew up in a beach town. She lives in New York. *Save What's Left* is her debut novel.

**REGISTRATION:**

**Click here** to register for our **October 23, 2023** in-person Warriors Book Club Meeting.

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## Join Our Family of Volunteers

Are you a breast cancer survivor?

Are you looking for meaningful ways to contribute to your community?



- Get trained to volunteer in the following areas:
- Community outreach
- Educational presentations
- Hotline
- Speaking engagements
- Publicity
- Fundraising

### Join us on zoom for an Online Volunteer Training

**10 am - 1 pm** on **10.30.23, 11.6.23, 11.13.23, and 11.20.23**

**We ask that you please commit to all 4 sessions.**

Our process involves having an initial interview after you confirm that you are interested and available, followed by the training sessions, and finally an exit interview to decide if the program is a good fit for you and you are a good fit for the program

**For more information on our online Volunteer Training, please contact Nina Foley at 516.877.4315 or e-mail at [nfoley@adelphi.edu](mailto:nfoley@adelphi.edu).**

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## News and Press Releases

### Program Highlights

#### **The life-affirming Warriors Book Club zooming on September 14**

The Warriors Book Club, a monthly group of the Adelphi NY Statewide Breast Cancer Program, will discuss Shelby Van Pelt's novel "Remarkably Bright Creatures" on Thursday, September 14, 2023, from 7 to 8 pm.

**[Click here](#)** to read the press release

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### The life-affirming Warriors Book Club meeting on October 23

Long Island author Elizabeth Castellano will discuss her debut novel **"Save What's Left,"** in person on Monday, October 23, from 3:30 pm to 5 pm at Adelphi University's University Center, in Garden City.

[Click here](#) to read the press release

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### Annual Breast Cancer Celebration of Survivorship 2023

Three breast cancer survivors will share their inspiring stories at the annual **Celebration of Survivorship** of the Adelphi NY Statewide Breast Cancer Hotline & Support Program on **Thursday, October 19, 2023**, at the Adelphi University, University Center Ballroom in Garden City. Doors open at 4:30 pm and speakers begin at 5 pm. A free light supper will be served.

[Click here](#) to read the press release

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### Knowledge is Power

**"Knowledge: Paving the Way to Empowerment"** is the fall 2023 Breast Cancer Awareness slogan of the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The campaign encourages women to take care of their breast health in three ways: getting a mammogram, learning about breast cancer programs in their community and talking to someone who can help.

[Click here](#) to read the press release

[READ MORE](#)

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## As Seen on Social Media

### The Pink Pack Foundation





On August 24, 2023 Angela Papalia, LMSW, Assistant Director of the Adelphi Breast Cancer Program and Nina Foley, LMSW, Volunteer and Hotline Coordinator of the Adelphi Breast Cancer Program had the pleasure of meeting Sienna Koke & Ethan Light, the founders of **The Pink Pack Foundation**.

**The Pink Pack Foundation**, website: **[thepinkpack.org](http://thepinkpack.org)**, donated over 275 backpacks across Nassau and Suffolk Counties, to various breast cancer organizations who serve women and their families.

Created in 2023, The Pink Pack Foundation was created to help the children of breast cancer patients get ready for the new school year. Each backpack was filled with the necessary items for children entering all grade levels, from kindergarten to twelfth grade, and was lovingly put together by this inspiring duo.

The Adelphi NY Statewide Breast Cancer Hotline and Support Program is incredibly thankful for being one of the many recipients of these beautiful backpacks, and will distribute them to families who would benefit most.

Thank you to both Sienna & Ethan, for touching the lives of so many children and families! On behalf of the Adelphi Breast Cancer Program and the families we serve, we are so incredibly grateful for your generosity!

For more information about The Pink Pack Foundation, please email:  
**[thepinkpackfoundation@gmail.com](mailto:thepinkpackfoundation@gmail.com)**.

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



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## 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.

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### **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](mailto:molloyresearch2021@gmail.com)

ANY QUESTIONS EMAIL:  
MolloyResearch2021@gmail.com



**BREAST CANCER**

**DO YOU HAVE BREAST CANCER OR ARE YOU A SURVIVOR?**  
DO YOU LIVE IN NASSAU COUNTY, NY?

If you currently have Breast Cancer OR are a Survivor OR in Remission, WE invite you to participate in an ANONYMOUS 5-15 minute survey about YOUR EXPERIENCE with Breast Cancer during COVID-19.



In Remission  
<https://forms.gle/22vmsWo37XWEQqk7>



Patients Currently Undergoing Treatment  
<https://forms.gle/x2SeAXviEGESZS3M7>

**WHY COMPLETE THE SURVEY?**  
YOUR RESPONSES WILL HELP THE SCIENTIFIC COMMUNITY IMPROVE BREAST CANCER CARE DURING THE COVID-19 PANDEMIC!

AS STUDENTS OF MOLLOY COLLEGE, WE THANK YOU!

**Coronavirus**  
(COVID-19)



## 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.

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**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.

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## **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!

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## **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

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