



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu

2023

The Year in Review



December 2023 - Newsletter

[View Website](http://breast-cancer.adelphi.edu)

What a year!

The Adelphi NY Statewide Breast Cancer Hotline & Support Program would like to thank our Advisory Board, staff, volunteers, and community partners for making the past year brighter.

Wishing you and your family a happy and healthy holiday season.

We are here for you 365 days a year.

Breast Cancer does not take a break for the holidays.
We are here for you **365** days a year.



For assistance please contact us by phone, email or web.
call our hotline at **800.877.8077**
email our program at breastcancerhotline@adelphi.edu
visit our website at breast-cancer.adelphi.edu

You are not alone.

#GivingTuesday 11.28.23

Thank you for making a difference this #GivingTuesday.

Thank you for your continued support and helping us have a successful **GIVING TUESDAY**. Your donation helped us raise over **\$16,000**. This amount may increase as we process additional donations.

**GIVING
TUESDAY**

A very special thank you to **The Leviton Foundation** for their generous match, dollar for dollar of **\$5,000**.

Thanks to your contributions, we will be able to provide support and hope to breast cancer patients and their families.

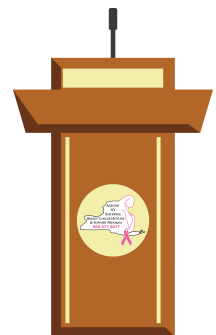
Thank you for your generosity and for making a difference this #GivingTuesday.

Forums

Did you miss our November 9th forum?



Coping With The Holidays



[Click here](#) to watch the video

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.**

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.

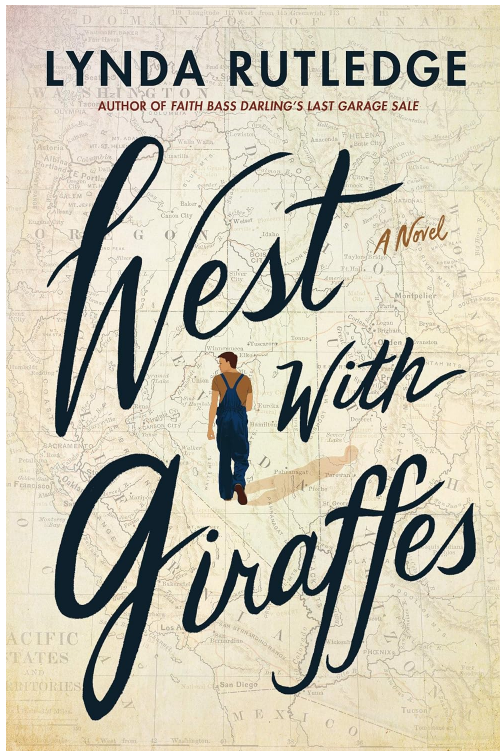
Monday, January 8, 2024

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

The book we will be discussing on January 8th is:

West with Giraffes by Lynda Rutledge

A true story and described as part adventure, part historical novel, and part coming of age love story.



REGISTRATION: For more information and to register for our **January 8, 2024** Warriors Book Club Meeting on zoom, please contact Nina Foley at **516-877-4315** or email nfoley@adelphi.edu.

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 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.

NEWLY DIAGNOSED

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.

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.

UNDER 40, YOUNG WOMEN'S GROUP

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.

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.

SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN

Cafecito

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

Cafecito

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

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

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

**ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM
800-877-8077**

***El Programa del Cáncer del Seno de Adelphi te invita a
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.



No estás sola.

Para más información o para inscribirse,
por favor de comunicarse con
Adriana Valencia, LMSW
al **516-877-4371** o por correo electrónico a
avalencia@adelphi.edu

breast-cancer.adelphi.edu



Para Nuestro Bienestar

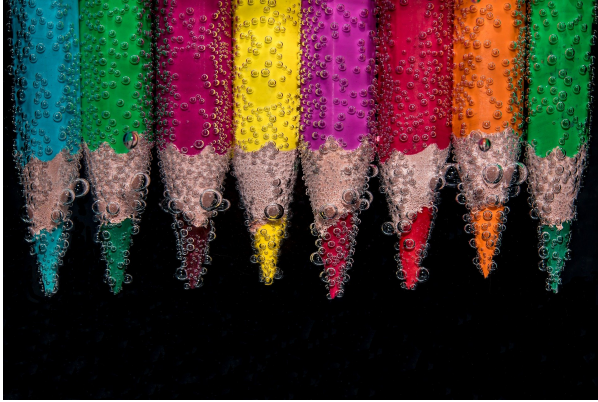
Para Nuestro Bienestar is a Spanish language support group for women who are newly diagnosed (within the last 18 months) to meet with others and receive support.

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.
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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.

News and Press Releases

Program Highlights



Herald Community Newspaper - Valley Stream Herald
Deputy Supervisor hosts breast cancer event
November 9, 2023

[Click here](#) to read article

Herald Community Newspaper
In Their Own Words
October 19, 2023

Survivors help themselves by supporting others through diagnosis, treatment and recovery
By: Lyn Dobrin

[Click here](#) to read article

READ MORE

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!

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.

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



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

Please visit our website at www.myorganization.com.
Donate to our cause at www.myorganization.com/donate.
