



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

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



April 2024 - Newsletter

[View Website](#)

## National Public Health Week

April 1 - April 7, 2024

Protecting, Connecting and Thriving: We are all Public Health



# NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

It's **National Public Health Week!** This year's theme is "Protecting, Connecting and Thriving." Public health is more than just health care. Where we live impacts our health, having access to care and support within our community has a positive effect on our mental and physical health. Unfortunately, not everyone has access to the resources they need to lead healthy lives. Our **Sisters United in Health** initiative provides outreach, education, and referrals to reduce the barriers that many in our communities experience. [Click here](#) to learn more about our Sisters United in Health/Hermanas Unidas en la Salud initiative.

Show your appreciation of Public Health to keep our communities safe and healthy.  
**#ThankYouPublicHealth #NPHW**

**GIVING DAY - 04.17.24**

**1,896  
minutes  
to give.**

**ADELPHI UNIVERSITY  
GIVING DAY 04.17.24**

**Save The Date**



**Giving Day is April 17, 2024.** Celebrate the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** during Volunteer Appreciation Month by making a tax-deductible donation -- because these **1,896** minutes are an opportunity to recognize our volunteers and their contributions to those battling breast cancer.

**Can't wait until April 17th?**

**GIVE NOW!**

**RAISE YOUR VOICE**  
**Reinstate Our Program!**



### **Raise Your Voice**

Since 1980, the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** has played an essential role in providing New Yorkers with free licensed social work services, peer support, and life-saving community health education and referrals. We respectfully request funding of \$283,300 to be reinstated in New York State Budget FY 2025 for the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The program urgently needs funding in order to continue addressing the needs

of the breast cancer community. Contact your elected officials **TODAY** and request funding for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

**Below are ways you can be involved and help us advocate for funding:**

- **Our letter template** ([click here](#) to download);
- **Click here** to find your local Senator;

You can also find our **RAISE YOUR VOICE** files on our website ([click here](#)).

**#FundABCP**

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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 Nina Foley, LMSW (516) 877-4315.**

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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**

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**

Men and women with Stage 4 Metastatic Breast Cancer are welcome to join an ongoing twice-monthly group on Zoom 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**

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

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

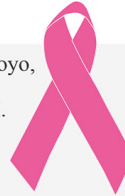


**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM  
800-877-8077**

*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  
**Angela Papalia, LMSW**  
al **516-877-4329** o por correo electrónico a  
**[apapalia@adelphi.edu](mailto:apapalia@adelphi.edu)**

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



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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.

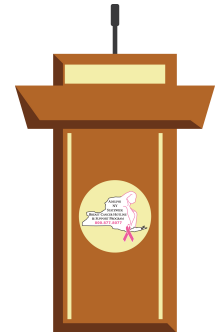
For information on future workshops, please call **Angela M. Papalia, LMSW** at **(516) 877-4329** or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).

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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## Upcoming Forums

**SAVE THE DATE - June 3, 2024**



**Patient Navigation and Support  
During a Breast Cancer Diagnosis**

**\*REGISTRATION AND FORUM DETAILS TO FOLLOW\***

**Date:** Monday, June 3, 2024

**Time:** 12:00 pm - 1:00 pm

**Place:** Zoom

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[Click here](#) to register

### **Creativity Through a Zen Mindset**

Join us in person at Adelphi University on a creative adventure. Participants will learn ways to achieve a “zen mindset”. Throughout this forum, we will be completing several activities promoting calmness, simplicity, and self-growth influenced by Japanese culture. We will be working with a variety of different techniques and mediums. Participants will also experience a guided zen meditation. All levels are welcome to join and we invite you to let go, relax and create your individual masterpiece.

**\*\*Space is limited to 50 participants\*\***

Art supplies will be provided for all exercises.  
Registration is required to attend this forum.

**Date:** Tuesday, July 16, 2024

**Time:** 10:00 am - 11:30 am

**Place:** Adelphi University, Garden City  
*(details will be provided upon registration)*

[Click here](#) for more information and to register for this forum

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**Did you miss our March 8th forum?**

## **The Benefits of Integrative Medicine:**

*The use of Acupuncture, Acupressure  
and Physical Therapy to help  
ease symptoms of Breast Cancer.*



[Click here](#) to watch the video

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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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## **The Warriors Book Club Meetings**



Participation in our **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, April 29, 2024**

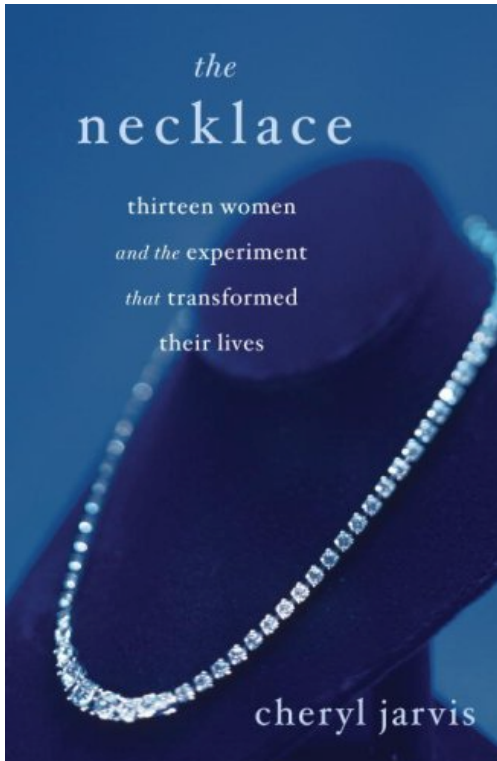
**Join us on zoom from 7:00 pm - 8:00 pm**

**The book we will be discussing on April 29th is:**

## ***The Necklace: Thirteen Women and the Experiment That Transformed Their Lives***

**by Cheryl Jarvis**

The true story of thirteen women who took a risk on an expensive diamond necklace and, in the process, changed not only themselves but a community.



**REGISTRATION:** For more information and to register for our **April 29, 2024** Warriors Book Club Meeting on zoom, please contact Reyna Machado at **516-877-4335** or email [rmachado@adelpi.edu](mailto:rmachado@adelpi.edu).

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### **News and Press Releases**

#### **Program Highlights**

**March 1, 2024**

#### **Texting Now Available at Breast Cancer Hotline**

The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** today expanded its breast cancer hotline capabilities by adding text messaging.

**Click here** to read the press release



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**March 26, 2024**

**Newly Diagnosed Breast Cancer Support Group on Zoom**



The Adelphi NY Statewide Breast Cancer Program is forming a new online support group for individuals diagnosed with breast cancer within the past 18-months.

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

[READ MORE](#)

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## 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.

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# 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](http://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

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Please visit our website at [www.myorganization.com](http://www.myorganization.com).  
Donate to our cause at [www.myorganization.com/donate](http://www.myorganization.com/donate).

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