



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

800.877.8077 • breast-cancer.adelphi.edu

You are never
too busy to
take care of yourself.



May 2024 - Newsletter

[View Website](#)

HELLO SPRING!

This Spring, the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** created an outreach campaign with a theme of, "**You are never too busy to take care of yourself**" urging individuals to obtain life-saving health exams and advocate for themselves. People concerned about breast cancer can call the hotline at **800-877-8077** or text us at **516.262.3263** to find out how to get a free or low-cost mammogram in their communities or to get answers to questions they may have about breast cancer (in English or Spanish).

We have attached our ad in both English and Spanish as JPG images. Please feel free to share our ad on your social media accounts. If you would like a PDF or a different size, please contact us at [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu).

May is Mental Health Awareness Month

**TAKE THE
MOMENT**

2024
Mental Health
Awareness Month



Our Social Workers help to empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, our **Social Workers** help people to find strength in coping with some of life's greatest challenges. Individual and family counseling is provided by our licensed social workers. Individual telephone counseling is available statewide along with counseling in English and Spanish. Learn more about how our social workers can help. [Click here](#) to meet our amazing team.

All services are free and confidential.

Call us at: 1.800.877.8077. Our licensed Social Workers, and trained volunteers are here to help. Take The Moment; you are not alone.

**Thank you to everyone who helped make
Giving Day 2024 a success!!!**

**1,896
minutes
to give.**

**ADELPHI UNIVERSITY
GIVING DAY 04.17.24**

Thank You!

ADELPHI
NY
STATEWIDE
BREAST CANCER HOTLINE
& SUPPORT PROGRAM
CALL: 800.877.8077 / TEXT: 516.262.3263

Thank you! Your continued support allowed us to have a successful **GIVING DAY**. Your donations helped us raise over **\$10,000**.

Our licensed social workers and trained volunteers work tirelessly to support the breast cancer community. With the help of dedicated volunteers, we provide a toll-free hotline from 9 a.m. - 9 p.m., individual and group counseling (in English and Spanish), patient navigation at local hospitals, and educational events for the breast cancer community. All of our services are completely free and confidential.

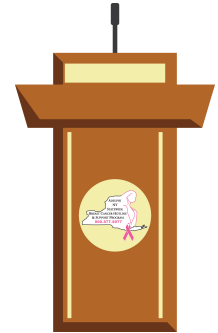
We are **grateful to you** for allowing us to make a positive difference in the lives of breast cancer patients and their families.

"As one of our volunteers said best, "Besides the gratification I continually receive from helping other women who are struggling through breast cancer, both on the hotline and at outreach events, I have been blessed to have formed a real friendship with a sister in pink that I met on the hotline. It seems she reached out at just the right moment in time and I was there to catch her! Now we heal each other!"

- Cindy F., Volunteer, Adelphi Breast Cancer Program

Upcoming Forums

Patient Navigation and Support During a Breast Cancer Diagnosis



Date: Monday, June 3, 2024

Time: 12:00 pm - 1:00 pm

Place: Zoom

[Click Here](#) to register

ABOUT THIS FORUM:

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program in collaboration with Northwell Health Cancer Institute and Friedman Center for Breast and Lymphatic Surgery for an educational forum on **Patient Navigation and Support During a Breast Cancer Diagnosis**. Hear from our expert panel about how your breast surgeon, patient navigators, and social workers can help support you throughout a breast cancer diagnosis. Learn critical information about empowering yourself and loved ones.



SPEAKERS - [Click Here](#) to read their bios



Susan M. Palleschi, MD, FACS
Director, Breast Surgery, Glen Cove Hospital
Division of Breast Surgery
Northwell Health Physician Partners



Jacqueline Barber RN, CBCN
Breast Nurse Navigator
Cancer Care Navigation
Northwell Health Cancer Institute



Elizabeth Dowling RN, BSN
Breast Nurse Navigator
Cancer Care Navigation
Northwell Health Cancer Institute

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

**Once registered you will receive a confirmation email which includes the zoom link.*



[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

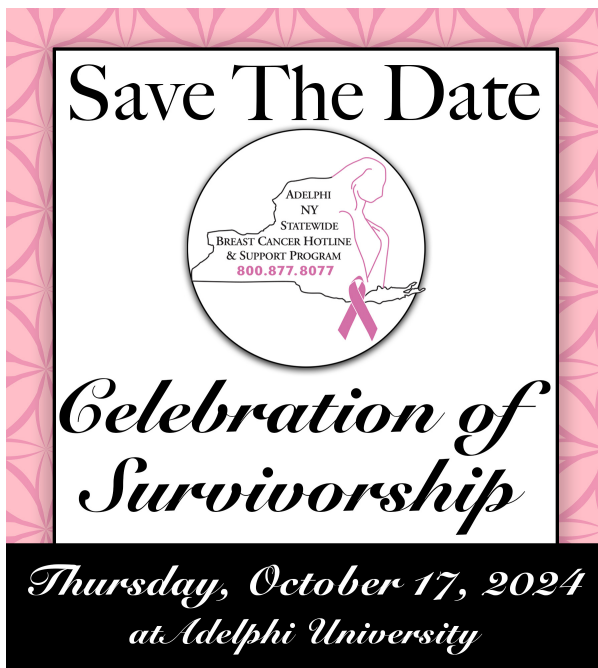
Place: Adelphi University, Garden City
(details will be provided upon registration)

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

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.

Celebration of Survivorship 2024



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 (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.

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

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.

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.

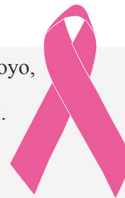
Llame a Angela M. Papalia, LMSW (516) 877-4329.

**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

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.

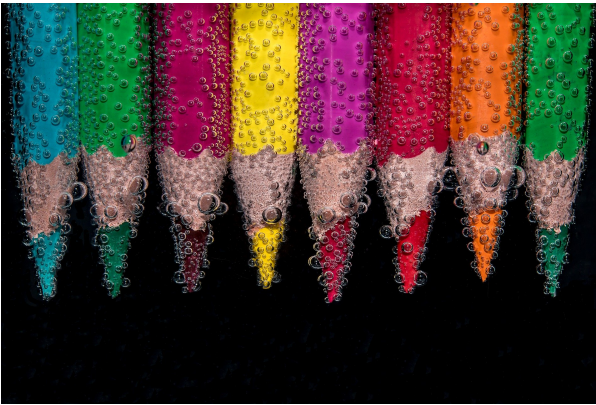
Para Nuestro Bienestar

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.

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

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.

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

April 17, 2024

Patient Navigation and Support During a Breast Cancer Diagnosis



An educational panel—Patient Navigation and Support During a Breast Cancer Diagnosis—to be held on Monday, June 3, from 12 noon to 1 pm, will provide empowering information about the various health professionals who can help patients throughout a breast cancer diagnosis.

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

April 26, 2024

Creativity Through a Zen Mindset on July 16

“Creativity through a Zen Mindset” is a free workshop offered by the Adelphi NY Breast Cancer Program to women and men who have been affected by breast cancer. The in-person meeting will be held on Tuesday, July 16, from 10:00 am to 11:30 am at Adelphi University in Garden City.

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

[READ MORE](#)

Cancer & Careers

14th Annual National Conference on Work & Cancer



Save the Date: Friday, June 21, 2024

Cancer and Careers' 14th annual National Conference on Work & Cancer will be held on zoom on **Friday, June 21, 2024!** This free, daylong event brings together patients, survivors, caregivers, healthcare professionals, advocates, employers/HR, advocates and others touched by cancer to explore the complexities of balancing treatment and recovery with employment.

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

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.
