



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



August 2024 - Newsletter

[View Website](#)

August is National Wellness Month

For **National Wellness Month**, focus on self-care, managing stress and promoting healthy routines. Incorporating small rituals into your everyday routine can bring comfort, create better lifestyle habits, and set positive intentions while also uncovering a deeper purpose.

SIMPLE, EVERYDAY SPIRITUAL PRACTICE IDEAS



1. **Start the Day With a Short Meditation or Prayer**

This can mean reciting a prayer, practicing a quiet moment of mindfulness, or listening to a guided meditation. Just setting aside a few minutes a day to connect will encourage a peaceful, grateful mindset for a successful day.

2. **Walking Meditation**

Take time to reconnect with yourself. Walking in a purposeful and conscious way can become

a spiritual practice. It gives you a chance to clear your mind and reflect.

3. Take Short Spirit Breaks

Take regular breaks throughout the day to help improve health, wellness, and performance in work. This could be a simple yoga stretch, deep breathing or sitting outside for 5 minutes.

4. Count Your Blessings

Try keeping a gratitude journal to reflect on all the good things happening in your life.

5. Find a Spiritual Community

This can be different for each person. Finding a group with like-minded people who share your values. This could be attending a yoga class, visiting a temple, church or spiritual organization or attending a festival etc.

Enjoy videos from our program's wellness forums on our [YouTube channel](#).

In our (4) week creative arts workshops we empower participants to express themselves using art. We use different mediums and the creative process to explore emotions, reduce anxiety, increase self-esteem, and resolve other psychological conflicts. Below is an exercise from our Self-Care workshop which you can do at home. For more information on joining one of our Creative Arts Workshops, please call **Angela M. Papalia, LMSW at (516) 877-4329 or email apapalia@adelphi.edu**.

A FRESH START

- Take out a piece of white paper and write a heading at the top **A FRESH START**.
- Write down all the positive thoughts, good traits or positive things you should be telling yourself. Write at least **(10) things or more**. These can be words, phrases etc. Spend time trying to fill up the page with all positive, motivating thoughts.
- Decorate the page with colors using crayons, markers or pencils. Think of colors that represent your feelings. You can also cut out imagery from magazines that illustrate your positive thoughts.



Comedy Night Fundraiser (September 26, 2024)

Join us for **"LAUGH OUT LOUD"** at **Governors Comedy Club**
Benefiting the Adelphi Breast Cancer Program.



Event Details

Date: Thursday, September 26, 2024

Time: Doors open at 6:30 pm
Please arrive by 7:30 pm (Showtime: 8:00 pm)

Cost/Donation: \$35 per ticket

****Tickets must be purchased in advance. They will not be sold at the show.****

Where: Governors Comedy Club (90 Division Avenue, Levittown, NY)

Order Tickets

[Click here](#) for event information and to order tickets.

Interested in becoming an event sponsor?

[Click here](#) to see our sponsorship opportunities for comedy night.

Thank you to our event sponsors

Kathi & Jeff Glass

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

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Celebration of Survivorship 2024

Thursday, October 17, 2024 (4:00 pm - 5:30 pm)



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

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

Join us in the Ruth S. Harley University Center Ballroom at Adelphi University, Garden City, NY. Doors will open at **4:00 pm** and our program will be held from **4:30 pm – 5:30 pm**.

A light supper will be served.

Speakers For The Evening:

Danielle Gaudio Lalehzar
Breast Cancer Survivor and Advocate

Diana Mitchnick
Breast Cancer Survivor and Pink Aid Advisory Council Member

Lynne Borah
Breast Cancer Survivor and Volunteer with the Adelpi Breast Cancer Program

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)

Adelphi Breast Cancer Hotline: 800.877.8077

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

- ◆ professional counseling
- ◆ peer support
- ◆ advocacy
- ◆ community outreach
- ◆ workshops
- ◆ health referrals



All services are free and confidential

HOTLINE (Hablamos Español)

800.877.8077

available 9 am - 9 pm

breast-cancer.adelphi.edu

The Adelphi Breast Cancer Program is here to help, listen and support you and your family. If you or someone you love has been diagnosed with breast cancer, is experiencing difficulty navigating the health system, looking for vital community resources, or want to talk, call the hotline at: **800.877.8077**. Our licensed Social Workers, and trained volunteers are here to help you cope and are available from 9 AM to 9 PM 365 days a year. Calls to the hotline are answered in both English and Spanish. Support is a phone call away.

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, LCSW (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, LCSW (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 Nina Foley, LCSW (516) 877-4315.

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.

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ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM
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El Programa del Cáncer del Seno de Adelphi te invita a

CAFECITO

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



Días: Jueves
El grupo es bimenstral durante julio y agosto.

Hora: 9:30 a.m. - 11:00 a.m.

Lugar: El grupo tomará lugar a través de zoom.

No estás sola.



Para registrarte llame a:
Ángela M. Papalia, Trabajadora Social Bilingüe

516-877-4329

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.

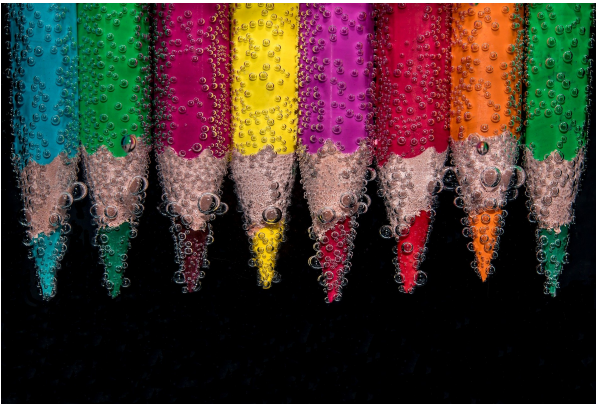
Para Nuestro Bienestar

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.

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.

Forums

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



News and Press Releases

"Laugh Out Loud" Comedy Fundraiser

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program at a night of laughs at Governor's Comedy Club in Levittown. "Laugh Out Loud" brings some of the area's top comics on stage on Thursday, September 26. Doors open at 6:30 pm for the 8:00 pm show. Governor's Comedy Club is located at 90 Division Avenue in Levittown.



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

[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.
