



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



February is National Cancer Prevention Month



In honor of cancer prevention, we have put together a **video** highlighting actions individuals can take to reduce their risk or chance of developing breast cancer. [Click here](#) to watch our cancer prevention video on our YouTube channel.

Remember, the **Adelphi New York Statewide Breast Cancer Hotline and Support Program** is here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. Our toll-free **Breast Cancer Hotline** is here for New Yorkers with and/or concerned about breast cancer and is staffed by professionally trained and supervised volunteers, all of whom are breast cancer survivors. For support, contact us at **800.877.8077**.



February is Black History Month



In honor of black history month, we are encouraging women to schedule their mammogram. ALL women should be concerned about breast cancer regardless of their race or ethnicity. Although the incidence of breast cancer is slightly lower in African American women than white women, statistics show that mortality or death rates are higher. Practicing early detection is crucial for African American women to increase the chances of detecting cancer as early as possible. The Adelphi NY Statewide Breast Cancer Hotline & Support Program is committed to eliminating these disparities by providing access to information, mammography screening, and support to improve breast cancer outcomes for Black women in our communities.

If you need a mammogram but don't know how to obtain one or do not have health insurance contact us at 800.877.8077.

Trip To Albany - January 28, 2025

2025 Legislative Visits



On January 28, 2025 the Adelphi NY Statewide Breast Cancer Hotline & Support Program traveled to Albany to discuss the lifesaving resources we provide throughout the state. We appreciate the time and leadership of our elected officials and their legislative staff. Since 1980, our program has provided community outreach, licensed social work services, health referrals and hope to thousands of New Yorkers diagnosed with breast cancer.

Pictured Above

- (1) Adelphi Breast Cancer Program posing in front of the I Love NY - Path through history display.
- (2) Met with Chris Stazio, Chief of Staff to Senator Anthony Palumbo.
- (3) Met with Lequela Steen, Senate Fellow for Senator Gustavo Rivera.
- (4) Met with John Banville, Chief of Staff to Senator Jack Martins.
- (5) Met with Mariah Diyarza, Legislative Assistant for Senator Monica Martinez.
- (6) Met with Madison Ennis, Deputy Legislative Director for Senator Patricia Canzoneri-Fitzpatrick.
- (7) Adelphi Breast Cancer Program staff and volunteer with the program.
- (8) I love NY wall display.

We are here for you 365 days a year!
Adelphi Breast Cancer Hotline: 800.877.8077
or Text: 516.262.3263

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
hotline open 9 am - 9 pm

TEXT
516.262.3263
texting available 9 am - 5 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, please call us at: **800.877.8077** or text us at **516.262.3263**. Our licensed Social Workers, and trained volunteers are here to help you cope and are available on the hotline from 9 AM to 9 PM 365 days a year. Calls to the hotline are answered in both English and Spanish. Texting is available from 9 AM to 5 PM. **Support is a call or text away!**

Quick question, are you following us on our socials?

The Adelphi Breast Cancer Program offers **many** different ways to stay connected. The good news is that you don't have to choose! We encourage you to connect with us across **all** our social media channels.

SOCIAL MEDIA



[facebook](https://www.facebook.com), [X](https://twitter.com), [linkedin](https://www.linkedin.com), [instagram](https://www.instagram.com), [youtube](https://www.youtube.com)



Support Groups - Winter 2025



[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.**

If you are interested in a support group or service that is not listed, please contact Nina Foley LCSW: nfoley@adelphi.edu.

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, Cooperative Agreement DP 24-0061 from the Centers for Disease Control and Prevention, Kat's Ribbon of Hope, Marilyn Lichtman Foundation, New York State, Northwell Health Cancer Institute and Pink Aid.

Drop-In Support Group – Virtual

Young Women's Drop-In Support Group – Under 45 years of age *Virtual

This group will address the unique needs of young women with breast cancer and will meet via zoom on Tuesdays from 7 p.m. – 8 p.m. on the following dates: 12/10/24, 12/17/24, 1/7/25, 1/21/25, 2/4/25 and 2/18/25.

To register & to receive the zoom link, please contact Nina Foley LCSW at: 516.877.4315 or nfoley@adelphi.edu.

Drop-In Support Group – Virtual

Newly Diagnosed Drop-In Support Group – *Virtual*

This group is for women who are newly diagnosed with breast cancer and will meet via zoom on Fridays from 12 p.m. – 1 p.m. on the following dates: 12/6/24, 12/20/24, 1/3/25, 1/17/25, 1/31/25, 2/14/25, and 2/28/25.

To register & to receive the zoom link, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Drop-In Support Group – In Person

Hormone Therapy Drop-In Support Group – *In Person*

Ongoing, bi-weekly support group will meet in person from 6 - 7 pm starting on January 6th. This support group is for breast cancer patients and survivors who are currently on hormone therapy (as adjuvant therapy).

For more information and to register, please contact Nina Foley LCSW at: 516.877.4315 or nfoley@adelphi.edu.

Ongoing Support Group – Virtual

Stage 4 Breast Cancer Support Group – *Virtual*

Men and women with Stage 4 Metastatic Breast Cancer are welcome to join an ongoing twice-monthly group via zoom to share information, feelings, hopes and coping strategies.

For more information and to register, please contact Lois Goetz, LMSW, ACSW at: 516.877.4347 or goetz@adelphi.edu.

SUPPORT GROUP FOR SPANISH SPEAKING WOMEN

Cafecito - *Virtual*

A Spanish-language Support Group for breast cancer patients who have completed treatment. This group meets twice monthly via zoom.

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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Healing The Inner Voice - Online Creative Arts Workshop

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



**Meeting on (4) consecutive Thursdays 10:00 am – 11:30 am (EST)
March 6, March 13, March 20 and March 27, 2025**

Our (4) week creative arts workshops empower participants to express themselves using art. The “Healing The Inner Voice” workshop will use creative arts and a variety of therapeutic modalities designed to help participants discover new ways to gain personal insight and enhance their coping skills. Each session will be offered via the HIPAA-compliant version of Zoom.

This online workshop will accommodate **20** members. You must register to attend the workshop and all members must commit to attending the **entire 4-week session**. Our Creative Arts workshops are open to people coping with a breast cancer diagnosis, survivors and/or caregivers.

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. **All groups are free but registration is required.**

HOW TO REGISTER:

For information and to register, please call
Angela M. Papalia, LMSW at **(516) 877-4329** or email apapalia@adelphi.edu.

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 (Survivors Only)
10 am - 1 pm on 2.24.25, 3.03.25, 3.10.25 and 3.17.25.**

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

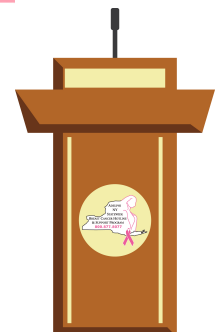
For more information on our online Volunteer Training, please contact Nina Foley at 516.877.4315 or e-mail at nfoley@adelphi.edu.

Upcoming Forum

Coping with Side Effects of Breast Cancer Treatment

**Monday, February 24, 2025
(5:30 pm - 6:30 pm) on zoom**

Join the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** on **Monday, February 24, 2025** for an informative evening with Dr. Douglas Marks, Medical



Oncologist from **NYU Langone Perlmutter Cancer Center** who will discuss coping with the side effects of breast cancer treatment. Dr. Marks is a leader in treating advanced and metastatic breast cancer, and will speak about how to work with your medical team during your treatment journey to gain comprehensive support.

This program will be moderated by Angela Papalia, LMSW, Assistant Director of the Adelphi Breast Cancer Program and will be offered over ZOOM.

Perlmutter Cancer Center

ABOUT OUR SPEAKER

Douglas K. Marks, MD

Medical Oncologist, NYU Langone Perlmutter Cancer Center



Dr. Marks specializes in the treatment of breast cancer and provides his patients with the most up-to-date and innovative oncologic care. He is proud to have a career that allows him to establish longstanding relationships with his patients and to continue to offer new therapies associated with better outcomes. In addition to maintaining and constantly improving his expertise, Dr. Marks aspires to educate his patients so that they are also experts in their own disease. He thinks of each patient as a unique individual and works collaboratively with each patient to come up with the very best treatment plan for them.

Click here to read more about Dr. Marks.

REGISTRATION:

This event is free, however, you must register online.

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

NOTE:

Once registered you will receive an email which includes the zoom link.

**If you have missed any of our past forums,
please visit our [YouTube](#) channel to watch the videos.**

Funding for forums is made possible with support from
Cooperative Agreement DP 24-0061
from the Centers for Disease Control and Prevention,
The Junior Coalition of the Manhasset Women's Coalition Against Breast
Cancer and Northwell Health Cancer Institute.

The Warriors Book Club Meeting - March 10, 2025

Marika's Best Laid Plan by Judy V. Stanigar



Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

Monday, March 10, 2025

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

**The book we will be discussing on March 10th is:
Marika's Best Laid Plan by Judy V. Stanigar**



Marika is a social worker trying to heal her drug addict clients, but she can't seem to mend her damaged self. She avoids love because love sits too close to death. Her choices have left her carefully ordered life a lonely, disconnected one.

Everything is about to change. Big-hearted, quirky, emotionally walled-off Marika embarks on a plan that ultimately forces her to confront the very thing she's spent her life avoiding: love.

Marika's Best Laid Plan is story about the power of connection and hope, the things without which life is unbearable.

REGISTRATION: For more information and to register for our **March 10, 2025** Warriors Book Club Meeting on zoom, please contact Nina Foley, LCSW at **516-877-4315** or email nfoley@adelphi.edu.

Funding for this book club was made possible with support from Cooperative Agreement DP 24-0061 from the Centers for Disease Control and Prevention.

WE ARE HIRING!

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is hiring a **full time social worker**.

Please visit the link below to learn more about this position and to apply!



SOCIAL WORKER

[click here](#) for more information and to apply.

News and Press Releases

January 24, 2025

Get Trained to Volunteer with the Adelphi Breast Cancer Hotline & Support Program

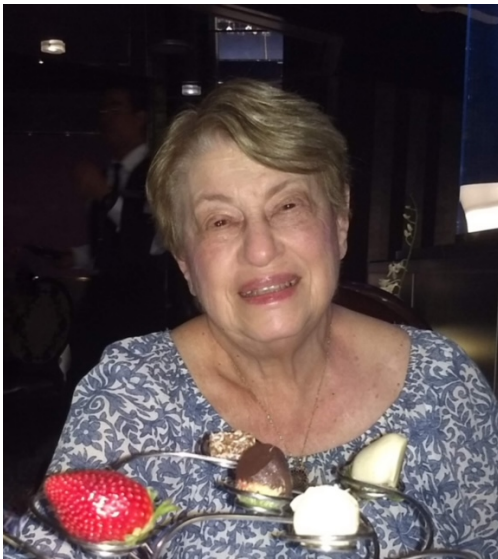


For breast cancer survivors who are looking to make a difference in their community, offer hope to other breast cancer patients, or seeking to support a worthwhile cause, the Adelphi Breast Cancer Hotline & Support Program is actively looking for volunteers for their upcoming virtual training beginning on Monday, February 24 from 10 am - 1 pm.

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

[READ MORE](#)

Support the Janet Fine Fund for Breast Cancer



Janet Fine had an impactful experience as a volunteer for over ten years with the Adelphi NY Statewide Breast Cancer Hotline and Support Program. She dedicated her time to helping countless individuals on the Hotline. Janet also conducted community outreach and participated in media opportunities in order to share her

experience and provide hope to others. Not only did she touch the lives of people reaching out for support on the hotline, Janet also developed deep, long-term friendships with her fellow volunteers.

Given her experience with the Adelphi NY Statewide Breast Cancer Hotline & Support Program her daughters, Lisa Horowitz and Julie Grasso, have created **The Janet Fine Fund for The Breast Cancer Hotline** to give individuals the opportunity to receive support and grow, as she had. *“Establishing this fund will ensure the continued valued resource of the Hotline. Janet was dedicated to her Monday Hotline time slot and was always available to train new volunteers to promote the same dedication and commitment that she exhibited.”* – Lisa and Julie.

[Donate Now](#)

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!**



Thank you to all our sponsors

(Listed below in alphabetical order)

Alpern Family Foundation Inc.

Centers for Disease Control and Prevention

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
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.
