



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

800.877.8077 • breast-cancer.adelphi.edu



S O C I A L W O R K

**COMPASSION
+ ACTION**

March 2025 - Newsletter

[View Website](#)

**March is Social Work Month and the 2025 theme is:
Social Work: Compassion + Action**



Resilient. Courageous. Determined. Inspiring

These are just a few words that our Social Workers often use while describing the individuals they're helping to support.

Empathetic. Compassionate. Respectful. Dedicated

All of these words also describe the powerful characteristics of Social Workers themselves.

As we celebrate **National Social Work Month**, join us in recognizing the tireless efforts of our Social Workers and their unwavering support of individuals and families. **Thank you for always being there.**

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**.

MARK YOUR CALENDAR!

Giving Day - April 9 - 10, 2025

1,896 minutes to give.

ADELPHI UNIVERSITY GIVING DAY 04.09.25 - 04.10.25

Save The Date

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

Giving Day is **April 9 - 10, 2025**. **MARK YOUR CALENDARS** - Support the Adelphi Breast Cancer Program by making a donation -- this is an opportunity to celebrate our volunteers and their contributions to those battling breast cancer.

Can't wait till April? **[Click here](#)** to give today!

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](#), [X](#), [linkedin](#), [instagram](#), [youtube](#)

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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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 upcoming **Online Volunteer Training (Survivors Only)**

We ask that you please commit to all 4 sessions.

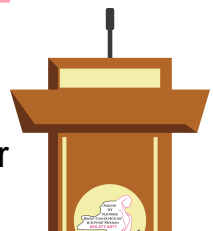
Our process involves having an initial interview after you confirm that you are interested and available, followed by the training sessions, and finally an exit interview to decide if the program is a good fit for you and you are a good fit for the program

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

Did you miss our February forum?

Coping with Side Effects of Breast Cancer Treatment

Dr. Douglas Marks, Medical Oncologist from **NYU Langone Perlmutter Cancer Center** discussed how to cope with the side effects of breast cancer treatment. Dr. Marks is a leader in treating advanced and metastatic breast cancer,



and spoke about how to work with your medical team during your treatment journey to gain comprehensive support.



[Click here](#) to watch the video

**In order for us to better serve you and continue offering educational forums, please take a moment to fill out our evaluation form after watching the video. THANK YOU!

[Evaluation Form](#)

The Warriors Book Club Meeting - March 10, 2025

Judy V. Stanigar, author of **Marika's Best Laid Plan** will be joining us.



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

On **March 10th** we will be discussing the book **Marika's Best Laid Plan**. We will be joined by author, **Judy V. Stanigar** and **Stephanie Rabell** of **Book and Wine Lovers Marketing**.



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.

WE ARE HIRING!

Bilingual Social Worker - Part Time

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is hiring a **bilingual social worker - part time**. This is a part time 25 hours a week position. This position will provide counseling (in-person and virtually) to women and families coping with Breast Cancer.



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

BILINGUAL SOCIAL WORKER - Part Time
[click here](#) for more information and to apply.

News and Press Releases

February 6, 2025

Adelphi Breast Cancer Hotline and Support Program Hosts Virtual Forum with Dr. Douglas Marks, Medical Oncologist from NYU Langone Perlmutter Cancer Center



On Monday, February 24, 2025, at 5:30 PM, Adelphi's Breast Cancer Hotline and Support Program will host a virtual forum with Dr. Douglas Marks, Medical Oncologist from NYU Langone Perlmutter Cancer Center, an NCI-designated Comprehensive Cancer Center.

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

February 6, 2025

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is seeking volunteers to assist and support individuals in need. [Click here](#) to watch the "**Patch Weekly Spotlight**" interview with Nina Foley, Hotline and Volunteer Supervisor with the program.

February 14, 2025

Join the Adelphi Breast Cancer Program's Warriors Book Club for the First Read of 2025

On **Monday, March 10 at 7 PM**, the Adelphi NY Statewide Breast Cancer Hotline & Support Program will convene its Warriors Book Club meeting over Zoom to discuss Marika's Best Laid Plan, a story about the power of connection and hope, by Judy V. Stanigar, who will be joining the discussion at the meeting along with Stephanie Rabell of Book and Wine Lovers Marketing.

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

February 21, 2025

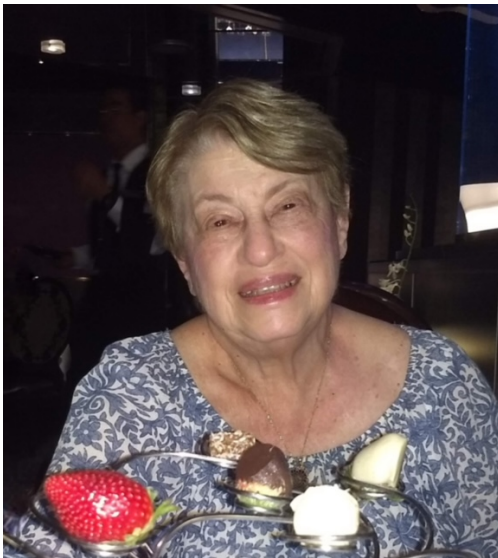
Adelphi Breast Cancer Hotline & Support Program is Looking For Volunteers
by [James Lane Post](#)

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.

[Click here to read the article](#)

[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 Department of Health

Northwell Health Cancer Institute

Pink Aid

Please visit our website at breast-cancer.adelphi.edu
Donate to our cause at breast-cancer.adelphi.edu/donate
