



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



April 2025 - Newsletter

[View Website](#)

National Public Health Week: It Starts Here

April 7 - 13, 2025



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Celebrate the 30th Anniversary of Public Health Week

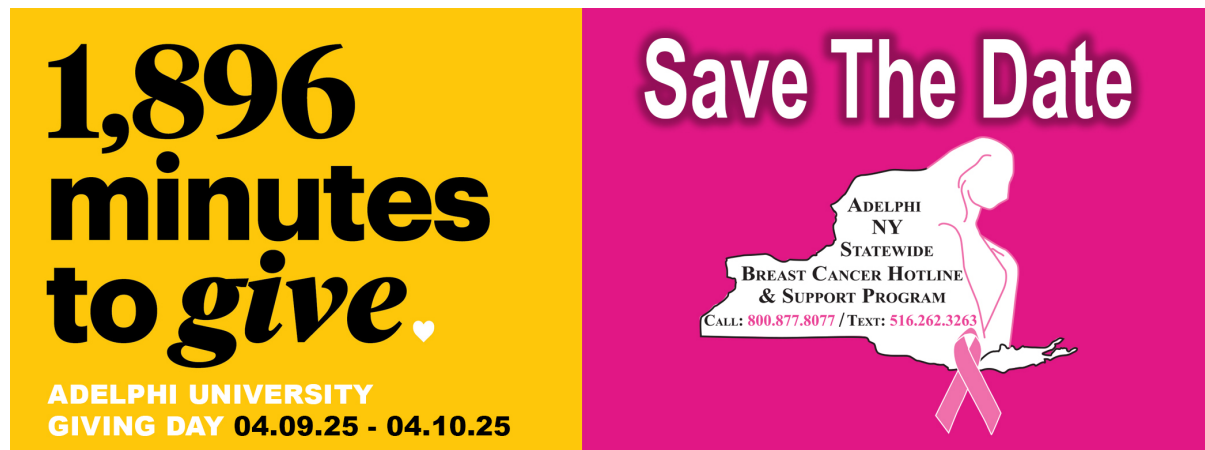
(April 7 - 13, 2025)! Public health is more than just health care. Where we live impacts our health, having access to care and support within our community has a positive effect on our mental and physical health. Unfortunately, not everyone has access to the resources they need to lead healthy lives. 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**

JOIN US FOR GIVING DAY!

April 9 - 10, 2025



Giving Day is **April 9 - 10, 2025**. 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? [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](https://www.facebook.com), [X](https://www.x.com), [linkedin](https://www.linkedin.com), [instagram](https://www.instagram.com), [youtube](https://www.youtube.com)



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 2026 for the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The program urgently needs funding 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.

Please **download** our letter template in word format, **personalize** your letter by editing the **red copy**, and **send them** to your local Senator. Also please **email** a copy of your letter to the program at breastcancerhotline@adelphi.edu. We will compile them for Senate review. **#FundABCP**

- **Download** our letter template in Word format;
- **Contact** your local Senators

SUPPORT GROUPS - Spring 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.

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.

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, monthly support group will meet in person from 6 p.m. - 7 p.m. 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.

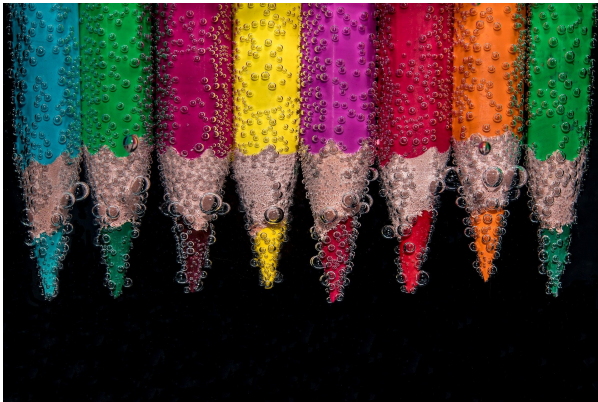
Cafecito

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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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.

THE WARRIORS BOOK CLUB MEETING - April 28, 2025

The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing, & Healing
by Lara Love Hardin

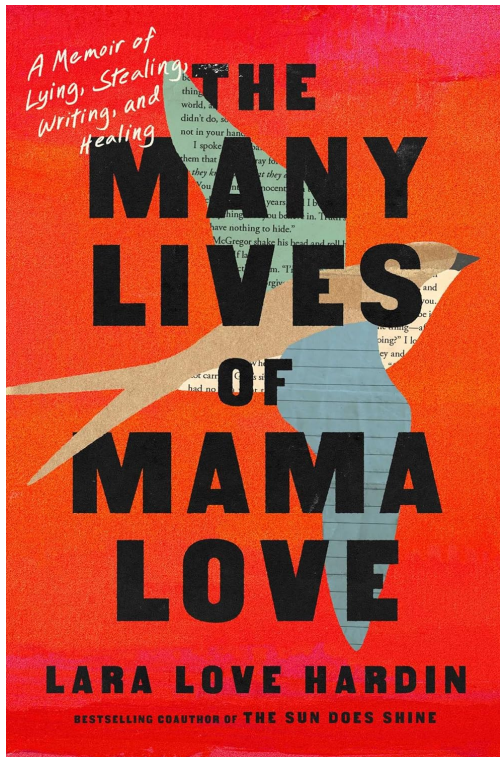


Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

Monday, April 28, 2025

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

On **April 28th** we will be discussing the book **The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing, and Healing** by Lara Love Hardin.



New York Times bestselling author and Oprah’s Book Club Pick, Lara Love Hardin recounts her slide from soccer mom to opioid addict to jailhouse shot caller and her unlikely comeback as a highly successful ghostwriter in this harrowing, hilarious, no-holds-barred memoir.

REGISTRATION: For more information and to register for our **April 28, 2025** Warriors Book Club Meeting on zoom, please contact Nina Foley, LCSW at **516-877-4315** or email nfoley@adelphi.edu.

YOUNG WOMEN'S SPIN CLASS GET TOGETHER

***Open to women ages 45 and under**



Join the Adelphi Breast Cancer Program for a Young Women's Spin Class Get Together. This program is free. You must register to attend.

Date: Friday, May 9, 2025

Time: 6 - 7 pm

Place: Adelphi University - Woodruff Hall Studio
One South Avenue, Garden City, NY 11530-9720
([Click here](#) for directions)

Participants should bring comfortable clothing, sneakers, bottle of water & towel.

For more information and to register for our Spin Class, please contact Nina Foley at 516.877.4315 or email at nfoley@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 4.28.25, 5.5.25, 5.12.25, and 5.19.25.

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.

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

March 24, 2025



Join the Adelphi Breast Cancer Program's Warriors Book Club on April 28

The Warriors Book Club, Adelphi NY Statewide Breast Cancer Hotline & Support Program's free virtual book club for those affected by breast cancer, will meet over Zoom on **Monday, April 28 at 7 PM** to discuss the book *The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing, and Healing* by Lara Love Hardin.

[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 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
