



ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)

# Take Time for *Self-care!*



STAY  
ACTIVE



GET ADEQUATE  
SLEEP



LISTEN TO  
YOUR INSTINCTS



SCHEDULE MAMMOGRAPHY  
AND  
HEALTH SCREENINGS



PRACTICE  
MINDFULNESS



SET REALISTIC  
GOALS



ADVOCATE FOR  
YOURSELF

May 2025 - Newsletter

[View Website](#)

## HELLO SPRING!

This Spring, the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** created an outreach campaign titled, "**Take Time for Self Care!**" to urge women to take control of their health and obtain health screenings. 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*).

[Click here](#) to download our ad in both English and Spanish. Help us spread the word by sharing our ad on **social media**. If you require our ad in a different size, please reach out to [knewman@adelphi.edu](mailto:knewman@adelphi.edu).



## Celebrating Mental Health Awareness Month With

NAMI  
National Alliance on Mental Illness

### May is 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** or text us at **516.262-3263**.

**Our licensed Social Workers, and trained volunteers are here to help. You are not alone!**

### THANK YOU TO EVERYONE WHO HELPED MAKE GIVING DAY 2025 A SUCCESS!

**1,896  
minutes  
to give.**

**ADELPHI UNIVERSITY  
GIVING DAY 04.09.25 - 04.10.25**

**Thank You!**



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

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 from 9 AM to 9 PM 365 days a year. Calls to the hotline are answered in both English and Spanish. Support is a call or text away.

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

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## **YOUNG WOMEN'S SPIN CLASS GET TOGETHER**



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](mailto:nfoley@adelphi.edu).

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## **THE WARRIORS BOOK CLUB MEETING - May 19, 2025**

### **The Champagne Letters by Kate MacIntosh**

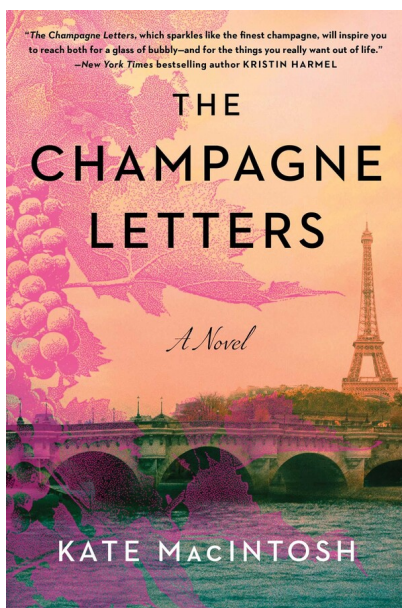


Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

**Monday, May 19, 2025**

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

On **May 19th** we will be discussing the book **The Champagne Letters by Kate MacIntosh**.





Relax and enjoy a journey of self-discovery. Kate Macintosh's **The Champagne Letters** follows Natalie Taylor as she seeks a new beginning in Paris after the turbulence of a past relationship. Natalie finds inspiration in a book of letters from the widow Barbe-Nicole Clicquot. She follows the Widow Clicquot's journey as she defies gender restrictions in establishing one of the most successful champagne houses in the world.

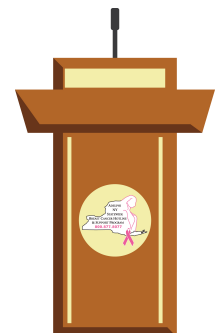
**REGISTRATION:** For more information and to register for our **May 19, 2025** Warriors Book Club Meeting on zoom, please contact Nina Foley, LCSW at **516-877-4315** or email [nfoley@adelphi.edu](mailto:nfoley@adelphi.edu).

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## CELEBRATION OF SURVIVORSHIP 2025



## UPCOMING FORUMS



Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program on **Wednesday, June 11, 2025** for an intimate discussion on Palliative care. Palliative care is a medical discipline aimed at improving the quality of life for patients with a

serious, life-limiting, and advanced illness. Join us to hear an expert panel who will discuss this important topic and provide their expertise in accessing and navigating Palliative Care Services.

Our speakers include **Isaac Hardoon, DO**, Chief physician of NYCBS Palliative Care Team, **Maria Lever, LCSW**, Licensed Clinical Social Worker and Clinical Supervisor of JASA'S Palliative Care Supportive Services and the Long Island Center for Dignity and Support and **Lori Hardoon, LCSW**, Licensed Clinical Social Worker and Senior Director of JASA'S Palliative Care Supportive Services and the Long Island Center for Dignity and Support.

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

**Date:** Wednesday, June 11, 2025

**Time:** 6:00 pm - 7:30 pm

**Place:** Zoom

[Click here](#) for more information and to register for the forum  
**Once registered you will receive an email with the zoom link.**

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Join us in-person at Adelphi University on a creative adventure. Participants will learn ways to "**Seas The Day.**" This is a fun play on words encouraging participants to relax and make the most of the summer months by finding new ways to unwind. We will be working with a variety of different techniques and mediums. All levels are welcome to join and we invite you to let go, relax and create your individual masterpiece. **This program is open to breast cancer survivors and caregivers.**

**Date:** Tuesday, July 8, 2025

**Time:** 10:00 am - 11:30 am

**Place:** Adelphi University

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

**Space is limited to 50 participants.** Once registered you will receive a confirmation email with event details.

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## 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](mailto: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](mailto: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.

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### ***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](mailto:nfoley@adelphi.edu).**

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### ***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](mailto:apapalia@adelphi.edu).***

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### **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](mailto:nfoley@adelphi.edu).***

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### **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](mailto:goetz@adelphi.edu).***

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## **SUPPORT GROUP FOR SPANISH SPEAKING WOMEN**

### **Cafecito - \*Virtual\***

A Spanish-language support group for breast cancer patients and survivors. This group meets every other week via zoom.

### **Cafecito**

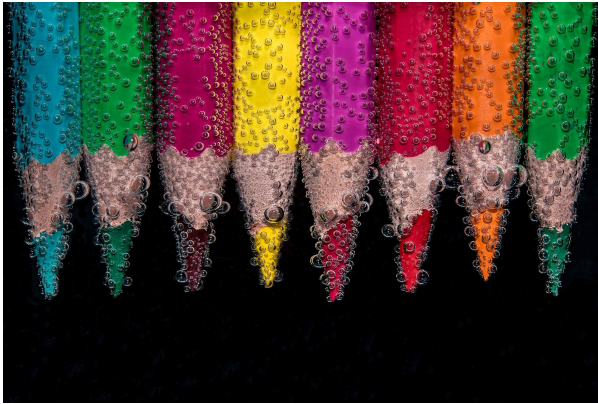
Un grupo de apoyo para pacientes y sobrevivientes de Cancer del seno.

***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](mailto: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.

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## **WE ARE HIRING!**

### **Full-Time Bilingual Social Worker**

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is hiring a **full-time bilingual social worker**. This position will provide bilingual 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!**

**FULL-TIME BILINGUAL SOCIAL WORKER**  
[click here](#) for more information and to apply.



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## NEWS AND PRESS RELEASES

### Young Women's Spin Class - May 9, 2025

The Adelphi NY Statewide Breast Cancer Hotline & Support Program will host a Young Women's Spin Class Get Together for women ages 45 and under. This special event aims to bring together young breast cancer survivors for an uplifting and energizing group fitness experience.



**Click here** to read the press release

**READ MORE**

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## Cancer & Careers

### 15th Annual National Conference on Work & Cancer



**Save the Date: Friday, June 27, 2025**

Cancer and Careers' 15th annual National Conference on Work & Cancer will be held online on Friday, **June 27, 2025!** 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.

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**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](http://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)



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## 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\*\*](#)

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**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.

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# The Adelphi Breast Cancer Program wishes our volunteers the happiest of birthdays!



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## 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](http://breast-cancer.adelphi.edu)  
Donate to our cause at [breast-cancer.adelphi.edu/donate](http://breast-cancer.adelphi.edu/donate)

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