



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

800.877.8077 • breast-cancer.adelphi.edu

Happy 4th of July!

July 2025 - Newsletter

[View Website](#)

Wishing everyone a safe and happy 4th of July!

CELEBRATION OF SURVIVORSHIP 2025

Registration is now open!

[Click here](#) to register for Celebration of Survivorship 2025.



Become an event sponsor

Sponsorship Levels:

Visionary \$5,000

- Prime company name and logo placement in our digital journal. Please send us your mission statement to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h - inside cover and back cover are currently available), ***please note all ads must be submitted by September 15, 2025.*** Submit camera-ready artwork. E-mail a PDF or .jpg to **knewman@adelphi.edu**. If you need assistance with your ad design, please contact Kim Newman at **knewman@adelphi.edu**.
- Full-color large logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (four posts from September to October).
****After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).

- Company logo to be listed on promotional emails.
****Promotional emails will contain company names after receiving sponsorship payment.***
- Reserved seating for four guests to attend.
- Recognition at the event podium during the event.

Ambassador \$2,500

- Company name and logo will be listed as an official event sponsor in our digital journal. Please send your mission statement to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h), **please note all ads must be submitted by September 15, 2025**. Submit camera-ready artwork. E-mail a PDF or .jpg to knewman@adelphi.edu. If you need assistance with your ad design, please contact Kim Newman at knewman@adelphi.edu.
- Full-color medium sized logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (two posts in October).
****After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).
- Company logo to be listed on promotional emails
****Promotional emails will contain company name after receiving sponsorship payment.***

Ally \$1,000

- Company name and logo will be listed as an official event sponsor.
- You will receive a **half page ad** (5.5w x 4.25h), **please note all ads must be submitted by September 15, 2025**. Submit camera-ready artwork. E-mail a PDF or .jpg to knewman@adelphi.edu. If you need assistance with your ad design, please contact Kim Newman at knewman@adelphi.edu.
- Full-color small logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (on one post in October).
****After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).
- Company name to be listed on promotional emails.
****Promotional emails will contain company name after receiving sponsorship payment.***

Supporter \$500

- Company name and logo will be listed as an official event sponsor.
- You will receive a **quarter page ad** (2.75w x 4.25h), **please note all ads must be submitted by September 15, 2025**. Submit camera-ready artwork. E-mail

a PDF or .jpg to knewman@adelphi.edu. If you need assistance with your ad design, please contact Kim Newman at knewman@adelphi.edu.

- Company name to be displayed on the event webpage.
 - Company name to be listed on promotional emails
- *Promotional emails will contain company name after receiving sponsorship payment.***
-

Reserve space in our digital journal

- **Full Page** (5.5w x 8.5h) **\$200.00**
(Educational Forums)
 - **Half Page** (5.5w x 4.25h) **\$100.00**
(One hour session with a social worker (English or Spanish))
 - **Quarter Page** (2.75w x 4.25h) **\$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)
-



The STEP Program

The Adelphi NY Statewide Breast Cancer Hotline & Support Program was awarded a significant five-year grant from the Centers for Disease Control and Prevention (CDC) to initiate the **Survivorship, Treatment, Education and Peer Support (STEP) Program** which provides psychosocial support services and referrals to improve the quality of life for young women diagnosed with breast cancer, MBC patients and their families.

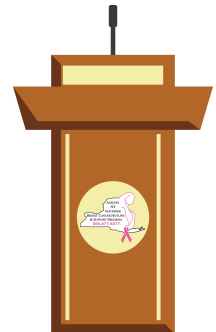
The STEP Program also provides educational workshops and forums, provider education and a video series.

We are happy to share the next video in the STEP Program series.

Neil Tanna, MD, MBA, FACS, Vice President Women's Surgical Services System Vice Chair, Department of Surgery, Professor of Surgery, Northwell Health will discuss Innovations in reconstruction and body image.

Visit our YouTube channel for future profiles and educational videos.

UPCOMING FORUM



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

Only a few spots remain!

[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.

30/30 EXERCISE CLASS

Open to anyone impacted by breast cancer



Join the Adelphi Breast Cancer Program for our **30/30 Exercise Class**
30 minutes of spin / cardio followed by 30 minutes of a combination of hand-held weights and bodyweight exercises for strength and sculpting.

This program is **free**. You must register to attend.

Date: Thursday, July 17, 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 30/30 Exercise Class,
please contact Nina Foley at **516.877.4315** or email at nfoley@adelphi.edu.

SUPPORT GROUPS



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 and survivors. This group meets every other week via zoom.

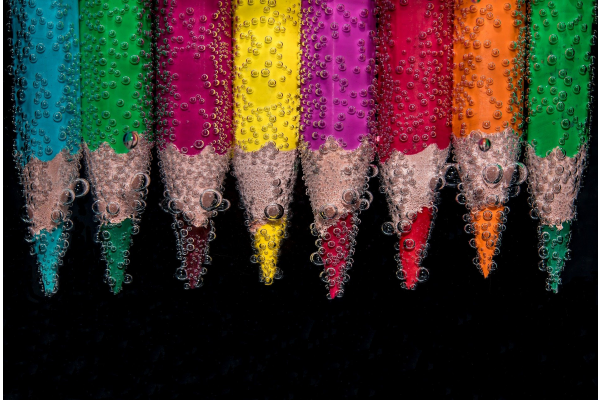
Cafecito

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.

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.

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.

NEWS AND PRESS RELEASES



Adelphi Breast Cancer Program Hosts 30/30 Exercise Class for Women Impacted by Breast Cancer



On Thursday, July 17, 2025, at 6 PM, the Adelphi NY Statewide Breast Cancer Hotline & Support Program will host its second fitness class, a 30/30 Exercise Class, a free event designed specifically for women affected by breast cancer. Following the success and positive feedback of the inaugural class, this empowering event returns to bring together survivors and thrivers from across Long Island.

Click here to read the press release

READ MORE

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 Us

There are many ways for you to be involved with the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

As a statewide, not-for-profit organization, we provide free, bilingual social work services, peer support, and education to the breast cancer community.

Ways You Can Get Involved

We rely on grants and donations to continue our vital work. Without your support, we may not be able to provide these life-saving services to those who need them most.



Donate

Your support matters. By donating to the Adelphi NY Statewide Breast Cancer Hotline & Support Program, you directly contribute to our mission of providing vital services and assistance to individuals, families, and caregivers affected by breast cancer. Every tax-deductible contribution helps us expand our reach, enhance our resources, and provide support to those in need.

[Make A Gift](#)



Become a Volunteer

Dedicated and professionally trained volunteers are at the heart of everything we do. Our experienced volunteers answer calls to our breast cancer hotline and provide support, resources and referrals across New York State.

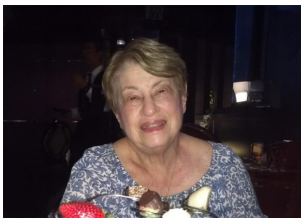
Volunteer Training Information



Fundraising Initiatives

Get involved to host and/or support us to raise awareness and funds for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Help Raise Funds & Awareness



The Janet Fine Fund

The Janet Fine Fund for Breast Cancer, created in honor of Janet Fine's dedication, supports the Adelphi NY Statewide Breast Cancer Hotline by funding outreach efforts, volunteer training, and vital support services for those affected by breast

cancer.

[About the Janet Fine Fund](#)

[Make A Gift](#)



Meghan's Pansies Fund

Meghan's Pansies, established to honor Meghan Kenny Halloran's legacy, supports educational initiatives, forums, support groups, outreach efforts, and maintains a garden at the Adelphi School of Social Work.

[About Meghan's Pansies](#)

**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
