



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • [breast-cancer.adelphi.edu](http://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 23, 2024



On January 23, 2024 the Adelphi NY Statewide Breast Cancer Hotline & Support Program traveled to Albany to lobby for New York State funding for the Breast Cancer Community **ACROSS 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 Donna Nogid, Chief of Staff to Senator Kevin Thomas.
- (3) Met with Senator Monica R. Martinez, a champion for women's health and breast cancer.
- (4) Met with Senator Jack Martins and his Chief of Staff, John Banville (not pictured).
- (5) Met with Assemblymember Aileen Gunther advocate for mental and women's health.
- (6) Met with Senator Patricia Canzoneri-Fitzpatrick advocate for mental and women's health.
- (7) Met with Assemblywoman Kimberly Jean-Pierre a champion for women's health and breast cancer.
- (8) I love NY wall display.

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## **Online Creative Arts Workshop**



### **JOIN THE WAITLIST!**

Due to the overwhelming response for this workshop, we have reached full capacity for this program. If you are interested in being placed on our waitlist for this workshop or are interested in future creative arts programs, please call Angela M. Papalia, LMSW at (516) 877-4329 or email [\*\*apapalia@adelphi.edu\*\*](mailto:apapalia@adelphi.edu).

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**This group will be held on (4) consecutive Tuesdays from 10:00 am – 11:30 am (EST) March 5, 12, 19, 26, 2024 on zoom.**

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 will guide you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

In **The Five Senses** workshop, we will be discovering how Creative Arts uses the five senses (Sight, Hearing, Touch, Taste and Smell) to understand our emotions and release stress and anxiety by externalizing our experiences.

All **four** of our sessions will start with a **relaxation/breathing exercise**. We will then complete several **creative projects** focusing on **The Five Senses**.

This online workshop will accommodate **18** 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 dealing 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.**

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## Support Groups



### Online Support Groups

**[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.**

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, Kat's Ribbon of Hope, Marilyn Lichtman Foundation, the Mother Cabrini Health Foundation, New York State and Pink Aid.

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### **NEWLY DIAGNOSED (New In-Person Group, Now Forming)**

Women who are recently diagnosed with breast cancer (within the past 18 months) will have the opportunity to meet in person with others and receive support.

**For more information and to register, call Nina Foley, LMSW (516) 877-4315.**

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### **RECURRENCE SUPPORT GROUP**

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others and receive support.

**For more information and to register, call Nina Foley, LMSW (516) 877-4315.**

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### **UNDER 40, YOUNG WOMEN'S GROUP**

Women under the age of 40 who are diagnosed with breast cancer have specific needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.

**For more information and to register, call Angela M. Papalia, LMSW (516) 877-4329.**

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### **SUPPORT FOR STAGE 4 BREAST CANCER**

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

**For more information and to register, call Lois Goetz, LMSW, ACSW (516) 877-4347.**

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## **SUPPORT GROUPS FOR SPANISH SPEAKING WOMEN**

### **Cafecito**

Cafecito is a Spanish language support group for breast cancer survivors who are post-treatment.

### **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 Adriana Valencia, LMSW (516) 877-4371.**

**Llame a Adriana Valencia, LMSW (516) 877-4371.**



**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM  
800-877-8077**

***El Programa del Cáncer del Seno de Adelphi te invita a  
CAFECITO***

El Adelphi Breast Cancer Program estará ofreciendo su grupo de apoyo, **CAFECITO**, para sobrevivientes del cáncer del seno en español. El grupo de 6 semanas es gratuito y tomará lugar a través de ZOOM.

Dirigido por una trabajadora social licenciada, cada sesión de **CAFECITO** cubrirá temas relacionados con su supervivencia. Temas como su seguimiento, los cambios en su cuerpo, la intimidad y las complejidades de la vida después del cáncer serán exploradas.



**No estás sola.**

Para más información o para inscribirse,  
por favor de comunicarse con  
**Adriana Valencia, LMSW**  
al **516-877-4371** o por correo electrónico a  
**[avalencia@adelphi.edu](mailto:avalencia@adelphi.edu)**

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



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**Para Nuestro Bienestar**

Para Nuestro Bienestar is a Spanish language support group for women who are newly diagnosed (within the last 18 months) to meet with others and receive support.

**Para Nuestro Bienestar**

Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama (en los últimos 18 meses) para conocer a otras y recibir apoyo.

**Call Angela M. Papalia, LMSW (516) 877-4329.**  
**Llame a Angela M. Papalia, LMSW (516) 877-4329.**

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**The Warriors Book Club Meetings**



Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, laugh out loud and suspenseful experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer. This club will provide the opportunity to connect with others and share an uplifting book.

**Monday, February 26, 2024**

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

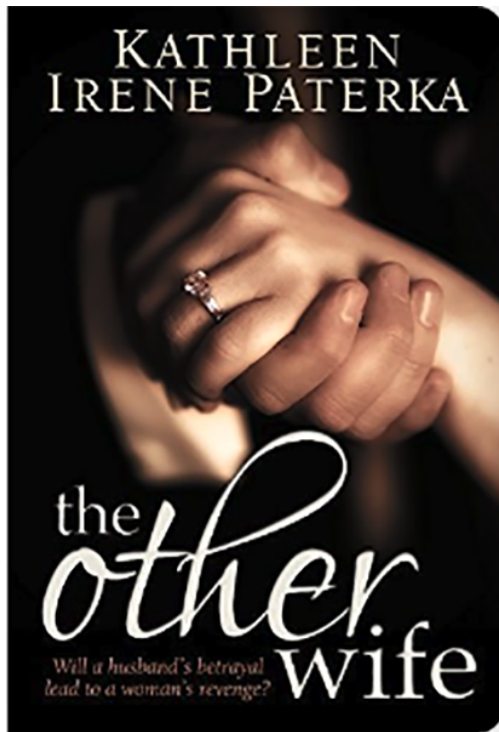
Meet and chat with author **Kathleen Irene Paterka**.

**The book we will be discussing on February 26th is:**

***The Other Wife by Kathleen Irene Paterka***

**One lucky participant will receive a signed copy of the book.**

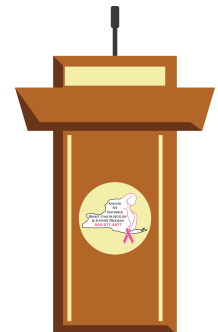
Eleanor Anderson has a beautiful home, a loving husband, a tranquil life. After thirty-eight years of marriage and her children now grown, she finally has time for herself. She's not expecting any surprises; certainly not to wake up one morning and find her husband dead in bed beside her from a massive heart attack. It's a devastating discovery... but not as much as the shock awaiting Eleanor when she learns the truth about her husband's secret life.



**REGISTRATION:** For more information and to register for our **February 26, 2024** Warriors Book Club Meeting on zoom, please contact Nina Foley at **516-877-4315** or email [nfoley@adelphi.edu](mailto:nfoley@adelphi.edu).

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## Upcoming Forum



**[Click here](#) to register**

**Friday, March 8, 2024  
12:00 - 1:15 pm on Zoom**

Join us on Zoom for **The Benefits of Integrative Medicine: The use of Acupuncture, Acupressure and Physical Therapy to ease symptoms of Breast Cancer** forum. **Yingrong Zhu, MD**, Oncologic Rehabilitation at NYU Langone Health, Rusk Rehabilitation will be discussing how acupuncture and acupressure can help relieve some of the symptoms of cancer and side effects of cancer



treatment. **Soyeon Jo, PT, DPT, OnCs, CLT, WCC** licensed physical therapist at Northwell Health STARS Rehabilitation will be discussing how physical therapy can help breast cancer patients with Lymphedema as well as other symptoms.

### Speakers:



**Yingrong Zhu, MD**

Oncologic Rehabilitation at NYU Langone Health, Rusk Rehabilitation.



**Soyeon Jo, PT, DPT, OnCs, CLT, WCC (Supervisor, 145 Great Neck)**

Physical Therapist at Northwell Health STARS Rehabilitation



**Click here** for more information and to register.

**\*The zoom link will be emailed to you once registered.**

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

**Our forums are sponsored by  
The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer, and  
Northwell Health Cancer Institute.**

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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 Online Volunteer Training (Survivors Only)  
10 am - 1 pm on 3.11.24, 3.18.24, 3.25.24 and 4.1.24.**

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

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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!



## Let's Stay In Touch

Contact our Hotline, Visit our Website, Follow us on Social Media

Follow us on Social Media and online to see photos of our wonderful volunteers at our outreach events, stay up-to-date on programs, forums and support groups. Read news articles and new studies on breast cancer, read inspiring stories from our volunteers, watch our events live on facebook and see the wonderful people and businesses that support us.

### SOCIAL MEDIA

[facebook](#), [twitter](#), [pinterest](#), [youtube](#), [instagram](#)

### WEBSITE

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

### HOTLINE

800.877.8077 - We are here for you 365 days a year!



## Thank you to all our sponsors

(Listed below in alphabetical order)

Alpern Family Foundation Inc.

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

The Mother Cabrini Health Foundation

Nassau County Office for Housing and  
Community Development

New York State

Northwell Health Cancer Institute

Pink Aid

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Please visit our website at [www.myorganization.com](http://www.myorganization.com).  
Donate to our cause at [www.myorganization.com/donate](http://www.myorganization.com/donate).

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