



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

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



**January 2024 - Newsletter**

[View Website](#)

## **Happy New Year!**

Let's join together in celebrating a new year and new beginnings. Warm wishes for 2024.

## **We are here for you 365 days a year.**

Breast Cancer does not take a break for the holidays.  
We are here for you **365** days a year.



For assistance please contact us by phone, email or web.  
**call** our hotline at **800.877.8077**  
**email** our program at [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)  
**visit** our website at [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)

**You are not alone.**

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## 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.



(pictured above are some of our volunteers at the 2023 volunteer holiday party)



### 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!

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## Online Creative Arts Workshop

Register for our upcoming (4) week workshop in March



## REGISTER TODAY!

**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.**

## HOW TO REGISTER:

For information and to register, please call **Angela M. Papalia, LMSW** at **(516) 877-4329** or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).

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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**

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

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

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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**

Individuals with Stage 4 Metastatic Breast Cancer will meet 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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### **Tips To Cope With Holiday Stress**

The holiday season can create additional stress for everyone. This tip sheet provides some tools to help cope.



**Create new traditions.** Find creative ways to celebrate with loved ones in a way that is comfortable and safe for you. Using virtual platforms, calling a loved one, or sending cards can help to stay connected during times when we are physically apart.

**Enjoy special moments.** Taking time to reflect upon the people, places and things that truly matter to you can be very rewarding, and can help us to stay focused on the positive things in life.

**Don't put pressure on yourself.** Honor the emotional place that you are in at the moment. If you are not feeling up to cooking a meal, it's okay not to cook! It's important to not place blame on yourself if you are not feeling up to doing what you typically do.

**Stay in the moment.** Taking time to truly enjoy the moment can help to 'slow down' and helps to remind us to take things one at a time. Embracing the moments helps us to celebrate the little things in life, which are sometimes the most important.

**Use a journal, prayer or meditation to externalize your feelings.** Having an outlet to express your feelings can be very powerful. Finding a tool that is most comfortable for you can be very helpful in getting through the difficult times.



**Surround yourself with positive people.** Eliminating negative influences and individuals can help to maintain your spirits and foster positive thinking.

**Laugh.** It's important to remember to have fun!! Laughter can be a very therapeutic tool and truly soothes the soul. Even in the most stressful times, laughter can provide a wonderful outlet and reminds us to not take ourselves too seriously.

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## Forums



### Coping With The Holidays

If you missed our November forum "Coping With The Holidays" now is a great time to watch the video. Cara Livoti, LCSW, Social Worker at NYU Langone's Perlmutter Cancer Center discussed different ways to cope with stress during the holiday season.

**[Click here](#) to watch the video**

**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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## The Warriors Book Club Meetings



Participation in the Warriors Book Club will provide you with a wonderful, feel-good, laugh out loud and inspirational 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.

**REGISTRATION:** For more information and to register for future Warriors Book Club Meetings on zoom, please contact Nina Foley at **516-877-4315** or email [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!



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## 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).