



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

800.877.8077 • breast-cancer.adelphi.edu



**EMPOWERING
SOCIAL WORKERS!**

Inspiring Action, Leading Change

March 2024 - Newsletter

[View Website](#)

March is Social Work Month



Empathetic



Compassionate



Respectful



Dedicated



Resilient. Courageous. Determined. Inspiring

These are just a few words that our Social Workers often use while describing the individuals they're helping to support.

Empathetic. Compassionate. Respectful. Dedicated

All of these words also describe the powerful characteristics of Social Workers themselves.

As we celebrate **National Social Work Month**, join us in recognizing the tireless efforts of our Social Workers and their unwavering support of individuals and families. **Thank you for always being there.**

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 2025 for the Adelphi NY Statewide Breast Cancer Hotline & Support Program. The program urgently needs funding in order 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.

Below are ways you can be involved and help us advocate for funding:

- **Our letter template** ([click here](#) to download);
- **Click here** to find your local Senator;

You can also find our **RAISE YOUR VOICE** files on our website ([click here](#)).

#FundABCP

NEW - Text Line Now Available (516.262.3263)



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 contact us. You can 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.**

MARK YOUR CALENDAR!

Giving Day - 04.17.24



Giving Day is April 17, 2024. 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.

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** 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.

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.

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.

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.

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.

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

breast-cancer.adelphi.edu



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.

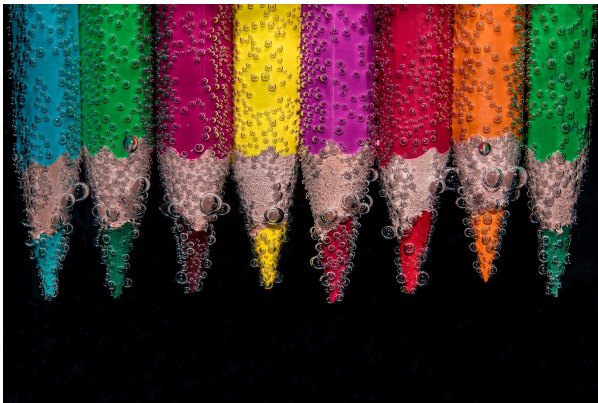
Para Nuestro Bienestar

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.

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.

Upcoming Forum



The Benefits of Integrative Medicine:

*The use of Acupuncture, Acupressure
and Physical Therapy to help
ease symptoms of Breast Cancer.*



[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.**

The Warriors Book Club Meetings



Participation in our **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.

Monday, March 25, 2024

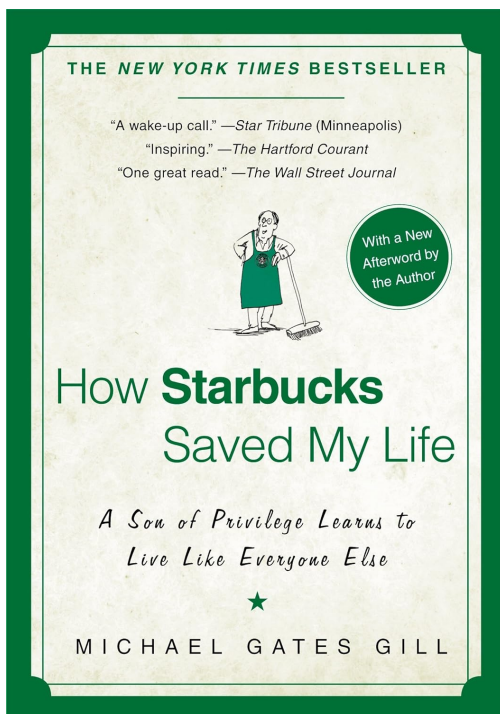
Join us on zoom from 7:00 pm - 8:00 pm

The book we will be discussing on March 25th is:

How Starbucks Saved My Life: A Son of Privilege Learns to Live Like Everyone Else

by Michael Gates Gill

National bestselling riches-to-rags true story of an advertising executive who had it all, then lost it all—and was finally redeemed by his new job, and his twenty-eight-year-old boss, at Starbucks.



REGISTRATION: For more information and to register for our **March 25, 2024** Warriors Book Club Meeting on zoom, please contact Nina Foley at **516-877-4315** or email 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 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.

News and Press Releases

Program Highlights



February 2, 2024

Warriors Book Club Meeting on February 26, 2024

Author Kathleen Irene Paterka will join a discussion of her novel, "The Other Wife," in a free ZOOM group on February 26, 2024, from 7 to 8 pm.

Click here to read the press release

February 12, 2024

NYS Breast Cancer Survivors Sought for Hotline

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is seeking breast cancer survivors, both women and men, throughout New York State to train as volunteers for the hotline.

Click here to read the press release

February 14, 2024

Forum: The benefits of Integrative Medicine to ease symptoms of Breast Cancer on March 8

On Friday, March 8 from 12 noon to 1:15 PM on ZOOM, the Adelphi NY Statewide Breast Cancer Hotline & Support Program offers a free forum on the **Benefits of Integrative Medicine**.

[Click here](#) to read the press release

February 26, 2024

WBNG 12 News Interview - Statewide Breast Cancer Hotline Looking for Volunteers

Nina Foley, LMSW, Volunteer and Hotline Coordinator for the Adelphi Breast Cancer Program was interviewed by **WBNG 12 News** to discuss our need for hotline volunteers and our upcoming volunteer training taking place in March.

[Click here](#) to watch the interview

[**READ MORE**](#)

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!**



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

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

Please visit our website at www.myorganization.com.
Donate to our cause at www.myorganization.com/donate.
