



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

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

*-2024-  
Celebration of Survivorship  
Thursday, October 17, 2024*

**October 2024 - Newsletter**

[View Website](#)

**October is Breast Cancer Awareness Month  
Adelphi Breast Cancer Hotline: 800.877.8077**

**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**

available 9 am - 9 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 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.

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## Celebration of Survivorship 2024

Thursday, October 17, 2024 (4:00 pm - 5:30 pm)



**\*\*\*REGISTRATION IS NOW OPEN\*\*\***

**[Click Here](#) to register for the event.**

Join us in the Ruth S. Harley University Center Ballroom at Adelphi University, Garden City, NY. Doors will open at **4:00 pm** and our program will be held from **4:30 pm – 5:30 pm**.

**A light supper will be served.**

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### Speakers For The Evening:

([click here](#) to learn more about our speakers)



**Danielle Gaudio-Lalehzar**

Diagnosed 2020

Breast Cancer Survivor and Advocate



**Diana Mitchnick**

Diagnosed 2003

Breast Cancer Survivor and Pink Aid Advisory Council Member



**Lynne Borah**

Diagnosed 2004

Breast Cancer Survivor and Volunteer with the Adelphi Breast Cancer Program

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**THANK YOU TO OUR 2024  
CELEBRATION OF SURVIVORSHIP SPONSORS**

**ALLY SPONSORSHIP**



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**Neil Tanna, M.D., MBA**

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**The Monday Canasta Mavens**

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**Beverly, Iris, Carol, Marla,  
Beverly, Bonnie, Carol & Shelley**

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**SUPPORTER SPONSORSHIP**



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**The DeMatteis Family**

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**Adee & Don Hendler**

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**Karen Kostroff, MD**

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**Dr. Elsy Mecklenbourg-Guibert Memorial  
Breast Cancer Walk/Run/Roll &  
Breast Cancer Awareness Month Kickoff  
Saturday, October 5, 2024 (9:00 am - 11:00 am)**

Arthur J. Hendrickson Park  
123 W Merrick Road, Valley Stream, NY 11580

[Click here](#) to register for this free community event



Join  
Assemblywoman Michaelle C. Solages  
and Adelphi NY Statewide Breast Cancer  
Hotline & Support Program  
for the annual



## Dr. Elsy Mecklenbourg-Guibert Memorial Breast Cancer Walk/Run/Roll & Breast Cancer Awareness Month Kickoff

Let's come together as a community to support our fighters, celebrate our survivors,  
and honor our taken. Join us to raise awareness and promote early detection!

**A free mammogram van will be on-site, taking appointments in advance.**

**Make an appointment using this link (slots are limited): <http://tiny.cc/5hpizz>**

**Everyone is encouraged to wear pink for Breast Cancer Awareness Month!**

**Saturday, October 5, 2024**

**9:00am - 11:00am**

Arthur J. Hendrickson Park

123 W Merrick Rd, Valley Stream, NY 11580

**Register for this free community event:**

<http://tiny.cc/walkfor4cause>



**For more information about this free event or any community issue,  
call (516) 599-2972 or email [district22@nyassembly.gov](mailto:district22@nyassembly.gov)**

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## Support Groups



## 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, New York State and Pink Aid.

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### **\*\*NEW SUPPORT GROUP\*\***

#### **BREAST CANCER HORMONE THERAPY SUPPORT GROUP - In-Person (Now Forming)**

Ongoing, bi-weekly support group for breast cancer patients and survivors who are currently on hormone therapy (as adjuvant therapy).

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

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#### **NEWLY DIAGNOSED GROUP - In-Person (Now Forming)**

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 Nina Foley, LCSW (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, LCSW (516) 877-4315.**

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#### **UNDER 40, YOUNG WOMEN'S GROUP- In-Person (Now Forming)**

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 Nina Foley, LCSW (516) 877-4315.**

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

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

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

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

**CAFECITO**

*Un grupo de apoyo en español para sobrevivientes  
de cáncer del seno que han terminado su tratamiento  
de quimioterapia o radiación.*



**Días:** Jueves  
El grupo es bimenstral durante julio y agosto.

**Hora:** 9:30 a.m. - 11:00 a.m.

**Lugar:** El grupo tomará lugar a través de zoom.

**No estás sola.**



Para registrarte llame a:  
Ángela M. Papalia, Trabajadora Social Bilingüe

**516-877-4329**

**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**

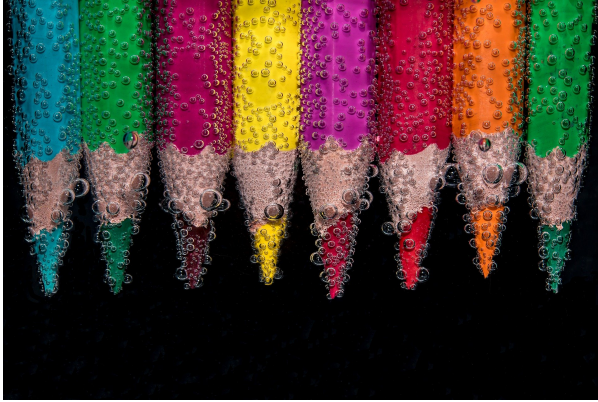
Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama (en los últimos 18 meses) para conocer a otras y recibir apoyo.

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

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

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**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.

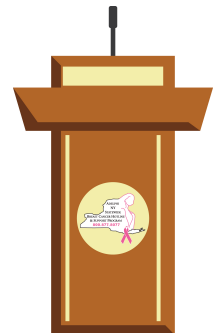
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## Upcoming Forum



# Feel Good Friday

*Online Wellness Forum*



Friday, November 15, 2024  
(12:00 pm - 1:00 pm) on zoom

Join the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** on Friday, November 15, 2024 for a virtual program on

mindfulness and self-care! The program will feature Tina Conroy, Lead Wellness Instructor & Reiki Master Teacher from the Center for Wellness and Integrative Medicine at Northwell Health.

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

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**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 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, November 18, 2024**

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

**The book we will be discussing on November 18th is:  
Brooklyn by Colm Tóibín**





Colm Tóibín's New York Times bestselling novel was also an acclaimed film starring Saoirse Ronan and Jim Broadbent. The film was nominated for four Academy Awards including Best Picture. The story is about a young Irish immigrant in Brooklyn in the early 1950s. "Brooklyn" takes hold of the reader, making a place among its characters, in its time and place.

**REGISTRATION:** For more information and to register for our **November 18, 2024** 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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## Help Support Us This October

Throughout Breast Cancer Awareness Month help support the Adelphi Breast Cancer Program.

## Pink Patch Project





Adelphi Public Safety has teamed up with the Adelphi NY Statewide Breast Cancer Hotline & Support Program to promote Breast Cancer Awareness Month. Dates and times to visit us at the Adelphi University Center to be announced soon! **Patches will be available while supplies last.**



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## Ghosts and Goblins for Cancer



Join us this October for breast cancer awareness month in Island Park. Each year, Frank Amoruso decorates his Island Park home as **THE BATES MOTEL** and helps raise money with his haunted house to support the Adelphi NY Statewide Breast Cancer Hotline and Support Program.

Visit the BATES MOTEL this October at **1039 Traymar Blvd, Island Park.**

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## Fortunoff "Shop Well & Do Good"

From now until October 18th, save 15% sitewide at [fortunoffjewelry.com](https://fortunoffjewelry.com). Fortunoff Fine Jewelry will donate a portion of proceeds to the Adelphi Breast Cancer Program. **Use Code PINK24!**

# Shop Well & Do Good

**SAVE 15% SITEWIDE\*** at [fortunoffjewelry.com](https://fortunoffjewelry.com)  
and Fortunoff Fine Jewelry will donate a portion  
of proceeds to the Adelphi Breast Cancer Hotline.



use code **PINK24** thru 10/18

**SHOP NOW**

**fortunoff**  
FINE JEWELRY

\* Use code PINK24 at checkout. May not be combined with other promotions.  
Restrictions apply. Offer ends October 18, 2024 at 11:59PM ET.

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## Breast Cancer Awareness Week at Adelphi University



Once again, the Adelphi NYS Breast Cancer Program is proud to partner with Campus Recreation, as well as the Athletic Department for Breast Cancer Awareness! This year, breast cancer awareness

week will be 10/21 - 10/27. Be on the lookout for our outreach tables on campus! Thank you for your continued support.

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## 16th Annual Kathy Donegan Memorial Breast Cancer Fundraiser



Join the NYS Fraternal Order of Court Officers for the 16th Annual Kathy Donegan Memorial Breast Cancer Fundraiser on 10.17.24 at Cornerstone in Mineola. Kathy was a beloved volunteer of the Adelphi NY Statewide Breast Cancer Program and court county clerk.

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## News and Press Releases

**September 6, 2024**  
**"Adelphi Breast Cancer Celebration of Survivorship 2024"**



Three breast cancer survivors will share their inspiring stories at the Adelphi NY Statewide Breast Cancer Hotline & Support Program's annual Celebration of Survivorship on Thursday, October 17, 2024, at Adelphi University, University Center Ballroom in Garden City. Doors will open at 4:00 pm and our program will be held from 4:30 pm – 5:30 pm. A light supper will be served.

**[Click Here](#)** to read the press release

**READ MORE**

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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

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

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