



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • breast-cancer.adelphi.edu



**When
Survivors
Unite
Hope Ignites!**

SUPPORT
COUNSELING
REFERRALS
OUTREACH
EDUCATION
ADVOCACY



September 2024 - Newsletter

[View Website](#)

September is Self-Care Awareness Month

September is **Self-Care Awareness Month** and the perfect opportunity to focus on taking care of your body and mind and create a healthier lifestyle for yourself. The Adelphi NY Statewide Breast Cancer Program is here for you, providing breast health workshops, information and referrals, **when survivors unite, hope ignites.**

Please share our "**When Survivors Unite, Hope Ignites**" ad campaign with your friends and family and on your social media pages. Below you will find links to download our ad in English and Spanish.

As always, we are here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. If you or someone you know is interested in a referral for a mammogram please call the Adelphi NY Statewide Breast Cancer Hotline & Support Program: **800-877-8077.**

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM



**When Survivors Unite
Hope Ignites!**



SUPPORT • COUNSELING • REFERRALS • OUTREACH • EDUCATION • ADVOCACY

We are here for you...

- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who can help.

800-877-8077
breast-cancer.adelphi.edu



[Click here](#) to download a PDF of our ad in English

[Click here](#) to download a PDF of our ad in Spanish

Comedy Night Fundraiser (September 26, 2024)

Join us for **"LAUGH OUT LOUD"** at **Governors Comedy Club**
Benefiting the Adelphi Breast Cancer Program.



Event Details

Date: Thursday, September 26, 2024

Time: Doors open at 6:30 pm
Please arrive by 7:30 pm (Showtime: 8:00 pm)

Cost/Donation: \$35 per ticket

****Tickets must be purchased in advance. They will not be sold at the show.****

Where: Governors Comedy Club (90 Division Avenue, Levittown, NY)

Order Tickets

[Click here](#) for event information and to order tickets.

Interested in becoming an event sponsor?

[Click here](#) to see our sponsorship opportunities for comedy night.

****RAFFLES****

Raffle Ticket Purchases will **ONLY be available the night of the event (September 26, 2024).**

Payment Options: Raffle ticket purchases can be made using Venmo, PayPal, Credit Card or Check.






No cash will be accepted.

**Winners will be announced live at the comedy event.
All prizes must be taken home that evening.**

Single Tickets: \$20.00

or

Three Tickets: \$50.00

<p>BASKET #1</p>  <p>“NIGHT ON THE TOWN” Two tickets to The Late Show with Stephen Colbert.</p> <p>Value: PRICELESS Donated by: The Sullivan Family</p>	<p>BASKET #2</p>  <p>“FEELING LUCKY” Lotto Tree filled with chances to win big!</p> <p>Value: \$500 Donated by: Jeannie Rettura</p>	<p>BASKET #3</p>  <p>“DATE NIGHT” Two tickets to The John W. Engeman Theater at Northport plus a \$300 gift card to the Northport Hotel & Restaurant.</p> <p>Value: \$460 Donated by: Dina Hannon</p>
<p>BASKET #4</p>  <p>“PAMPER YOURSELF” Deep Blue Med Spa basket / \$110 gift certificate towards a Deep Blue Signature Facial.</p> <p>Value: \$250 Donated by: New York Plastic Surgery Group</p>	<p>BASKET #5</p>  <p>“TIME TO SPARKLE” Open heart 14k yellow gold necklace accented with diamonds.</p> <p>Value: \$800 Donated by: Fortunoff Fine Jewelry</p>	<p>THANK YOU FOR YOUR SUPPORT</p>  <p>ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM 800.877.8077</p>

Thank you to our event sponsors

"Laugh Out Loud" Sponsorship



"Stand Up" Sponsorship

Kathi & Jeff Glass



Celebration of Survivorship 2024

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

Join us



-2024- Celebration of Survivorship

Thursday, October 17, 2024

4:00 - 5:30 pm

at the Ruth S. Harley University Center Ballroom
Adelphi University, Garden City, NY

*****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.

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

****Our deadline for journal ads is September 23, 2024****

Become An Event Sponsor:

Click here to see our sponsorship opportunities and the included benefits.

Reserve Space In Our Digital Journal:

Click here to reserve your ad space in our digital journal.

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

THANK YOU TO OUR 2024 CELEBRATION OF SURVIVORSHIP SPONSORS



Karen Kostroff, MD

**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**

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

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, call the hotline at: **800.877.8077**. 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 phone call away.

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** 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 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.

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.

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.

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 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



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.

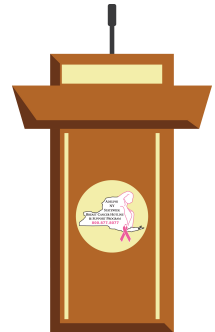
For information on future workshops, please call **Angela M. Papalia, LMSW at (516) 877-4329** or email **apapalia@adelphi.edu**.

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.

Forums

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



News and Press Releases

August 15, 2024
"Laugh Out Loud Comedy Fundraiser"

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program at a night of laughs at Governor's Comedy Club in Levittown. "Laugh Out Loud" brings some of the area's top comics on stage on Thursday, September 26. Doors open at 6:30 pm for the 8:00 pm show. Governor's Comedy Club is located at 90 Division Avenue in Levittown.



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

August 28, 2024 When Survivors Unite, Hope Ignites!

"When Survivors Unite, Hope Ignites" is the fall 2024 Breast Cancer Awareness slogan of the Adelphi NY Statewide Breast Cancer Hotline & Support Program. This campaign encourages individuals to take care of their breast health in three ways: getting a mammogram, learning about breast cancer programs in their community and talking to someone who can help.

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

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.
