



ADELPHI NY STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM

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

SAVE THE DATE

GIVING  
TUESDAY

12.03.24

November 2024 - Newsletter

[View Website](#)

### MARK YOUR CALENDAR

Giving Tuesday - 12.03.24

**#GivingTuesday** is a global day of generosity taking place on December 3rd. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is proud to be a part of this global celebration of giving that empowers people to give, collaborate, and celebrate generosity.

Please consider donating to the Adelphi Breast Cancer Program this **#GivingTuesday**!

Can't wait till December 3rd, start giving today!

**GIVE NOW!**

November is National Men's Health Awareness Month

# BREAST CANCER... MEN GET IT TOO



**DON'T GO THROUGH  
A BREAST CANCER  
DIAGNOSIS ALONE**

**Yes, men can get breast cancer.** There are other men who have had mastectomies, radiation, chemo therapy, hormone therapy and reconstruction. You can speak with them, ask questions, share stories...call our hotline at **800.877.8077** for more information.

## **Be Aware of the Symptoms**

- A lump or swelling, which is usually painless
- Skin dimpling or puckering
- Nipple pain
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

[\*\*Click here\*\*](#) for more information on breast cancer in men.

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**Did you miss our 2024 Celebration of Survivorship?**

A decorative pink and white border surrounding the text 'Thank You'. The border features a repeating geometric pattern. The text 'Thank You' is in a large, black, serif font, centered within the border.

**Thank You**



[Click Here](#) to watch the recording of the event  
and to see our online digital journal.

[Click Here](#) to see photos from  
Celebration of Survivorship.

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

Adelphi Alumni Advisory Council  
Beverly, Iris, Carol, Marla, Beverly, Bonnie, Carol & Shelley  
The DeMatteis Family  
Adee & Don Hendler  
Karen Kostroff, MD  
The Monday Canasta Mavens  
New York Plastic Surgical Group  
NYBRA Plastic Surgery  
Neil Tanna, M.D., MBA

### **Special Thanks To...**

Chartwell's at Adelphi Dining Services  
Digital Graphic Imagery Corp.  
Hicks Nurseries Inc., Westbury, NY

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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.



## **ABOUT OUR SPEAKER:**

Tina Conroy, E-RYT, RMT  
*Director of Energy Healing and Reiki Master*

Tina Conroy, E-RYT, RMT, is the Director of Energy Healing and Reiki Master at the Center for Wellness and Integrative Medicine. She also teaches all the Reiki certification programs and is a yoga instructor.

## **REGISTRATION:**

This event is free, however, you must register online.

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

## **NOTE:**

*Once registered you will receive a confirmation email which includes the zoom link.*

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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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## 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- (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**

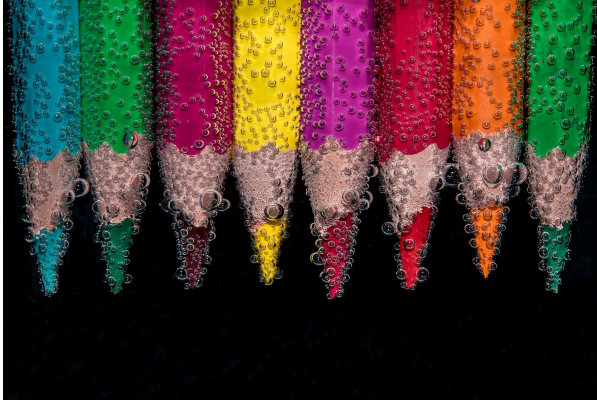
Para Nuestro Bienestar es un grupo de apoyo en español para mujeres recién diagnosticadas con cáncer de mama (en los últimos 18 meses) para conocer a otras y recibir apoyo.

**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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**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, 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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## Staff Highlights

### CONGRATULATIONS TO SANDRA MARTINEZ, BILINGUAL OUTREACH COORDINATOR



On October 11th, 2024, Senator Monica R. Martinez hosted a Hispanic Heritage Month Celebration that took place in Brentwood. The event celebrated extraordinary Hispanic and Latina individuals who are making a change in the community. Because of our organization's outstanding efforts in the district, we were invited to nominate a member of our organization who embodies the best attributes of our program.

The Adelphi Breast Cancer Program nominated our very own **Sandra Martinez, Bilingual Outreach Coordinator for Sisters United in Health (SUIH)** for her outstanding achievements as a community organizer in the not-for-profit sector, and we are pleased to share that Sandra was selected as an honoree!! Sandra's dedication, professionalism and tireless efforts to educate and support the community are exceptional and are second to none. Sandra makes a difference in the lives of hundreds of people each year, raising awareness, providing access to critical services, and empowering individuals and families. She is an exemplary advocate who goes the extra mile to help others with compassion and respect.

**Congratulations to Sandra on this wonderful achievement!**

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**CONGRATULATIONS TO NINA FOLEY, LCSW  
ON HER NEW ROLE AS VOLUNTEER & HOTLINE SUPERVISOR**



Please join us in congratulating Nina Foley LCSW, in her new title as Volunteer & Hotline Supervisor. Nina recently became a Licensed Clinical Social Worker (she was previously an LMSW), and both trains and supervises our amazing program volunteers.

**Congratulations Nina!**

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**We are Hiring**

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is now hiring for **two full time positions**: Special Project Coordinator and Bilingual Social Worker.



**Please visit the links below to learn more about these positions and to apply!**

**SPECIAL PROJECT COORDINATOR**

**<https://buff.ly/4e8Gv1v>**

**BILINGUAL SOCIAL WORKER**

**<https://buff.ly/4f4s5ju>**

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## News and Press Releases

October 24, 2024



### **SIMPLY SOULFUL RADIO SHOW**

On Friday, October 25, 2024, Nina Foley, Volunteer and Hotline Supervisor at the Adelphi Breast Cancer Program, along with two of our amazing volunteers Tanya C. and Cindy F. recorded a radio segment with host Sandra Lafazan, LCSW on the Simply Soulful radio show on 88.7 FM at Hofstra University.

**Click here** to listen to the recording.



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October 25, 2024

**Feel Good Friday with Tina Conroy – An Online Wellness Forum on Mindfulness and Self-Care**



On Friday, November 15, at noon, join the Adelphi NY Statewide Breast Cancer Hotline & Support Program for an online wellness forum on mindfulness and self-care with Tina Conroy, Lead Wellness Instructor, and Reiki Master Teacher from the Center for Wellness and Integrative Medicine at Northwell Health.

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

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**October 30, 2024**

### **Adelphi NY Statewide Breast Cancer Hotline & Support Program Receives 5-Year, Federal Grant to Support Young and Metastatic Patients**



*From Left to Right: Dean Corbin, Diana Mitchnick, Danielle Gaudio-Lalehzar, Lynne Borah, Provost Storm, Reyna Machado, and Adina Beedenbender from Senator Martinez's office.*

The Adelphi NY Statewide Breast Cancer Hotline & Support Program has been awarded a significant 5-year grant by the Centers for Disease Control and Prevention (CDC) to establish a groundbreaking program aimed at providing support and enhancing the quality of life for young women diagnosed with breast cancer, as well as metastatic breast cancer (MBC) patients and their families.

[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!



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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.



### 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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## 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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