



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

800.877.8077 • breast-cancer.adelphi.edu



January 2025 - Newsletter

[View Website](#)

Happy New Year!

**Happy New Year! Thank you for being an important part of an amazing year.
Warm wishes for 2025!**

We are here for you 365 days a year!
Adelphi Breast Cancer Hotline: 800.877.8077
or Text: 516.262.3263

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
hotline open 9 am - 9 pm

TEXT
516.262.3263
texting available 9 am - 5 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 on the hotline from 9 AM to 9 PM 365 days a year. Calls to the hotline are answered in both English and Spanish. Texting is available from 9 AM to 5 PM. **Support is a call or text away!**

Support Groups - Winter 2025



[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.**

If you are interested in a support group or service that is not listed, please contact Nina Foley LCSW: nfoley@adelphi.edu.

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, Northwell Health Cancer Institute and Pink Aid.

Drop-In Support Group – Virtual

Young Women's Drop-In Support Group – Under 45 years of age *Virtual

This group will address the unique needs of young women with breast cancer and will meet via zoom on Tuesdays from 7 p.m. – 8 p.m. on the following dates: 12/10/24, 12/17/24, 1/7/25, 1/21/25, 2/4/25 and 2/18/25.

To register & to receive the zoom link, please contact Nina Foley LCSW at: 516.877.4315 or nfoley@adelphi.edu.

Drop-In Support Group – Virtual

Newly Diagnosed Drop-In Support Group – *Virtual*

This group is for women who are newly diagnosed with breast cancer and will meet via zoom on Fridays from 12 p.m. – 1 p.m. on the following dates: 12/6/24, 12/20/24, 1/3/25, 1/17/25, 1/31/25, 2/14/25, and 2/28/25.

To register & to receive the zoom link, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Drop-In Support Group – In Person

Hormone Therapy Drop-In Support Group – *In Person*

Ongoing, bi-weekly support group will meet in person from 6 - 7 pm starting on January 6th. This support group is for breast cancer patients and survivors who are currently on hormone therapy (as adjuvant therapy).

For more information and to register, please contact Nina Foley LCSW at: 516.877.4315 or nfoley@adelphi.edu.

Ongoing Support Group – Virtual

Stage 4 Breast Cancer Support Group – *Virtual*

Men and women with Stage 4 Metastatic Breast Cancer are welcome to join an ongoing twice-monthly group via zoom to share information, feelings, hopes and coping strategies.

For more information and to register, please contact Lois Goetz, LMSW, ACSW at: 516.877.4347 or goetz@adelphi.edu.

SUPPORT GROUP FOR SPANISH SPEAKING WOMEN

Cafecito - *Virtual*

A Spanish-language Support Group for breast cancer patients who have completed treatment. This group meets twice monthly via zoom.

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.

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Healing The Inner Voice - Online Creative Arts Workshop

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



**Meeting on (4) consecutive Thursdays 10:00 am – 11:30 am (EST)
March 6, March 13, March 20 and March 27, 2025**

Our (4) week creative arts workshops empower participants to express themselves using art. The “Healing The Inner Voice” workshop will use creative arts and a variety of therapeutic modalities designed to help participants discover new ways to gain personal insight and enhance their coping skills. Each session will be offered via the HIPAA-compliant version of Zoom.

This online workshop will accommodate **20** 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 coping 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.

Tips To Cope With Holiday Stress

The holiday season can create additional stress for everyone.



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.

#GivingTuesday 12.03.24

Thank you for making a difference this #GivingTuesday.

Thank you for your continued support and helping us have a successful **GIVING TUESDAY**. Your donation helped us raise over **\$13,000**.

A very special thank you to Danielle Lalehzar '89, MA '90 and Christine Hanson '86, MBA '94 for their generous match, dollar for dollar of \$3,000 on #GivingTuesday.

**GIVING
TUESDAY**

Thanks to your contributions, we will be able to provide support and hope to breast cancer patients and their families.

Thank you for your generosity and for making a difference this #GivingTuesday.

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



Program Updates

Welcome to our new Special Projects Coordinator

On Monday, December 2nd we welcomed **Ryan Werner** to our staff. Ryan is our new Special Projects Coordinator. He is an experienced multimedia professional with over 12+ years of expertise. He has professional experience as a producer, videographer, and photographer. He started his career at Edelman where he spent the next nine years honing his skills in production coordination, videography and post-production. During this time, he collaborated with cross functional teams to create impactful multimedia content, managed complex projects, and contributed to high-profile campaigns that strengthened client brands.



Following his time at Edelman, Ryan joined Manhattan University, where he took on the role of producing and coordinating large-scale events. I worked closely with multiple departments to ensure every detail was executed with precision, showcasing the University's commitment to excellence.

Ryan is thrilled to have recently joined Adelphi University's Breast Cancer Program as a Special Project Coordinator. This role will allow him to combine his skills in video production, event planning, and social media with his passion for making a meaningful impact. He is excited to be working with such a dedicated team to support a cause that is truly making a difference in the community.

Welcome to the team Ryan!

WE ARE HIRING!

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is hiring a **full time social worker**.

Please visit the link below to learn more about this position and to apply!



SOCIAL WORKER

[click here](#) for more information and to apply.

News and Press Releases

December 3, 2024

Ready to Read? Register for Adelphi Breast Cancer Program's Warriors Book Club on Monday, December 16



The Adelphi Breast Cancer Program's Warriors Book Club, a free support service dedicated to survivors of breast cancer, will meet on **Monday, December 16, from 7 pm – 8 pm**. The monthly meeting held on Zoom, will allow book club members to discuss their recent reading selection, "Long Island" by critically acclaimed New York Times bestselling author, Colm Tóibín.

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

[READ MORE](#)

Support the Janet Fine Fund for Breast Cancer



Janet Fine had an impactful experience as a volunteer for over ten years with the Adelphi NY Statewide Breast Cancer Hotline and Support Program. She dedicated her time to helping countless individuals on the Hotline. Janet also conducted community outreach and participated in media opportunities in order to share her experience and provide hope to others. Not only did she touch the lives of people reaching out for support on the hotline, Janet also developed deep, long-term friendships with her fellow volunteers.

Given her experience with the Adelphi NY Statewide Breast Cancer Hotline & Support Program her daughters, Lisa Horowitz and Julie Grasso, have created [The Janet Fine Fund for The Breast Cancer Hotline](#) to give individuals the opportunity to receive support and grow, as she had. *“Establishing this fund will ensure the continued valued resource of the Hotline. Janet was dedicated to her Monday Hotline time slot and was always available to train new volunteers to promote the same dedication and commitment that she exhibited.”* – Lisa and Julie.

[Donate Now](#)

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

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.
