



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • adelphi.edu/breast-cancer



August 2025 - Newsletter

[View Website](#)

August is National Wellness Month

For **National Wellness Month**, prioritize your self-care, reduce stress, and create healthier habits so you can be your best self! There are many ways to incorporate wellness into your daily lives, both at work and at home.

At Work: Take short, frequent breaks for stretching or walking. Utilize stairs instead of elevators. Engage in walking meetings with colleagues. Participate in workplace wellness programs. Use a standing desk to improve posture. Set boundaries for work hours and avoid overworking.

At Home: Incorporate exercise into your daily routine. Engage in outdoor activities like gardening or hiking. Establish a relaxing bedtime routine. Practice mindfulness or meditation. Spend time in nature. Spend time with family. Engage in hobbies you enjoy.



The STEP Program

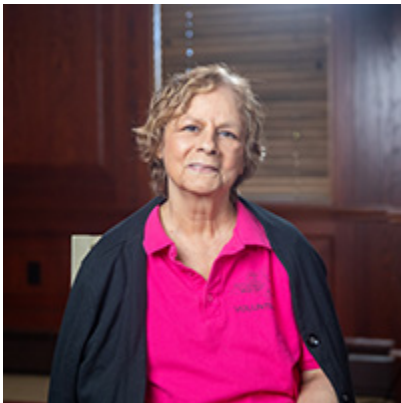
The Adelphi NY Statewide Breast Cancer Hotline & Support Program was awarded a significant five-year grant from the Centers for Disease Control and Prevention (CDC) to initiate the

Survivorship, Treatment, Education and Peer Support (STEP) Program which provides psychosocial support services and referrals to improve the quality of life for young women diagnosed with breast cancer, MBC patients and their families.

The STEP Program also provides educational workshops and forums, provider education and a video series.



In honor of National Wellness Month we are happy to share the next video in the STEP Program series. **Tina Conroy**, Director of Energy Healing at The Center for Wellness and Integrative Medicine, shares how practices like Reiki, sound healing, and intuitive development can support physical and emotional well-being during and after cancer treatment. [Watch now!](#)

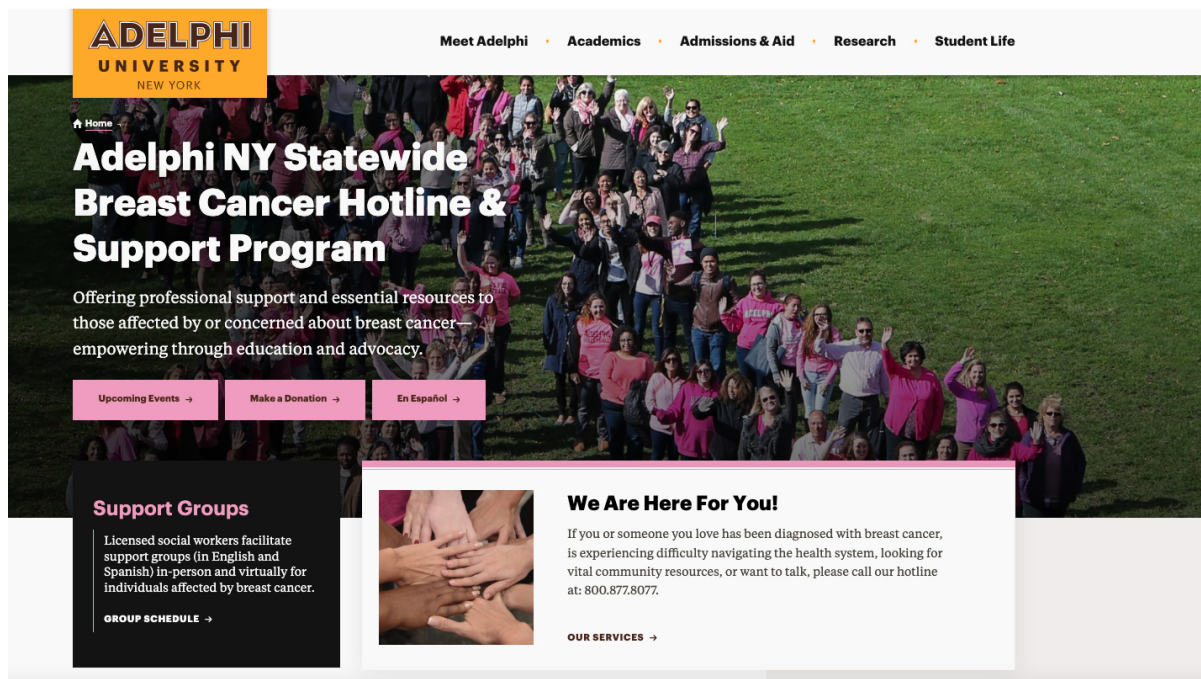


Stay tuned later this month for the release of another video in the STEP Program series. Breast cancer survivor **Anne Hogan** reflects on her journey, the importance of a strong support system, and what survivorship looks like after treatment. Her story is one of resilience, honesty, and hope.

[Visit](#) our YouTube channel for future profiles and educational videos.

BIG NEWS!
Our New Website is LIVE

adelphi.edu/breast-cancer



ADELPHI UNIVERSITY
NEW YORK

Meet Adelphi • Academics • Admissions & Aid • Research • Student Life

Adelphi NY Statewide Breast Cancer Hotline & Support Program

Offering professional support and essential resources to those affected by or concerned about breast cancer—empowering through education and advocacy.

Upcoming Events → Make a Donation → En Español →

Support Groups
Licensed social workers facilitate support groups (in English and Spanish) in-person and virtually for individuals affected by breast cancer.
GROUP SCHEDULE →

We Are Here For You!
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 our hotline at: 800.877.8077.
OUR SERVICES →

A NEW, MODERN LOOK

We have improved every detail and optimized the user experience.

CUTTING EDGE INFORMATION

Easily find resources, services, support groups, and events.

MOBILE FRIENDLY SITE

Access information on your phone or tablet. We are here for you anytime you need us.

The Adelphi Breast Cancer Program is thrilled to announce the launch of our brand-new website! After months of hard work and dedication, we are excited to share this new platform with you.

Our new site features a fresh design with improved functionality. Whether you seek assistance in English or **en Español**, our goal is to educate, support, empower and advocate for breast cancer patients, professionals, and the community.

To celebrate the launch, we invite you to visit our new website at **adelphi.edu/breast-cancer**.

We would love to hear your feedback!

[Click here](#) to fill out our feedback form with any suggestions or comments.

Thank you for your continued support.
We look forward to seeing you on our new website!

CELEBRATION OF SURVIVORSHIP 2025

Registration is now open!

[Click here](#) to register for Celebration of Survivorship 2025.



Our Speakers



Debra Williams

Diagnosed in 2024

Breast Cancer Survivor and Advocate



Katerina Dinas-Raptis

Diagnosed in 2013

Founder of Kat's Ribbon of Hope, Inc.



Lori Fagan

Diagnosed in 2012

***All sponsorships and journal ads are due by September 15, 2025**

Become an event sponsor

Sponsorship Levels:

Visionary \$5,000

- Prime company name and logo placement in our digital journal. Please send us your mission statement to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h - inside cover and back cover are currently available), ***please note all ads must be submitted by September 15, 2025.*** Submit camera-ready artwork. E-mail a PDF or .jpg to [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu).
- Full-color large logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (four posts from September to October).
****After receiving sponsorship payment until the date of the event.***
- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).
- Company logo to be listed on promotional emails.
****Promotional emails will contain company names after receiving sponsorship payment.***
- Reserved seating for four guests to attend.
- Recognition at the event podium during the event.

Ambassador \$2,500

- Company name and logo will be listed as an official event sponsor in our digital journal. Please send your mission statement to be included in the journal. You will also receive a **full page ad** (5.5w x 8.5h), ***please note all ads must be submitted by September 15, 2025.*** Submit camera-ready artwork. E-mail a PDF or .jpg to [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu).
- Full-color medium sized logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (two posts in October).
****After receiving sponsorship payment until the date of the event.***

- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).
- Company logo to be listed on promotional emails
***Promotional emails will contain company name after receiving sponsorship payment.**

Ally \$1,000

- Company name and logo will be listed as an official event sponsor.
- You will receive a **half page ad** (5.5w x 4.25h), **please note all ads must be submitted by September 15, 2025.** Submit camera-ready artwork. E-mail a PDF or .jpg to knewman@adelphi.edu. If you need assistance with your ad design, please contact Kim Newman at knewman@adelphi.edu.
- Full-color small logo to be displayed on the event webpage with a link to the company website.
- Social media promotion with tags, posts, mentions (on one post in October).
***After receiving sponsorship payment until the date of the event.**
- Company will be listed in the event press release
(payment must be submitted by September 15, 2025).
- Company name to be listed on promotional emails.
***Promotional emails will contain company name after receiving sponsorship payment.**

Supporter \$500

- Company name and logo will be listed as an official event sponsor.
- You will receive a **quarter page ad** (2.75w x 4.25h), **please note all ads must be submitted by September 15, 2025.** Submit camera-ready artwork. E-mail a PDF or .jpg to knewman@adelphi.edu. If you need assistance with your ad design, please contact Kim Newman at knewman@adelphi.edu.
- Company name to be displayed on the event webpage.
- Company name to be listed on promotional emails
***Promotional emails will contain company name after receiving sponsorship payment.**

Reserve space in our digital journal

- **Full Page** (5.5w x 8.5h) **\$200.00**
(Educational Forums)
- **Half Page** (5.5w x 4.25h) **\$100.00**
(One-hour session with a social worker (English or Spanish))
- **Quarter Page** (2.75w x 4.25h) **\$50.00**
(Food card for an underserved breast cancer patient)

Thank You to our 2025 sponsors

Ally Sponsor

TANNA^{MD}



SUPPORT GROUPS



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.

If you are interested in a support group or service that is not listed, please contact Angela Papalia LMSW: [apapalia@adelphi.edu**](mailto:apapalia@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, Cooperative Agreement DP 24-0061 from the Centers for Disease Control and Prevention, 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.

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

For more information and to register, 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, monthly support group will meet in person. 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 Angela Papalia LMSW at: 516.877.4329 or apapalia@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 and survivors. This group meets every other week via zoom.

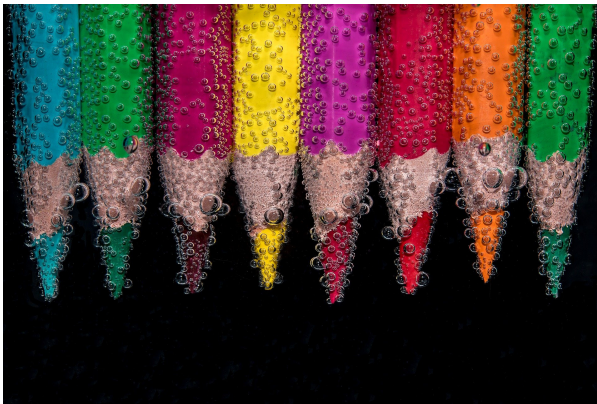
Cafecito

Un grupo de apoyo para pacientes y sobrevivientes de Cancer del seno.

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

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

ONLINE CREATIVE ARTS WORKSHOPS



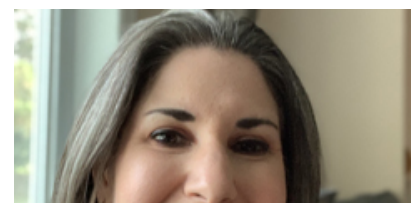
Our (4) week creative arts workshops empower participants to express themselves using art. This therapeutic program offers a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you 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.

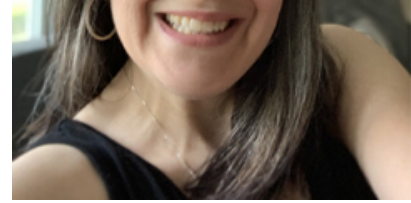
Our creative arts workshops are facilitated by **Angela M. Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program along with **Kimberly Newman, BFA**, Communications and Marketing Specialist for the Adelphi Breast Cancer Program.

STAFF HIGHLIGHTS

**Congratulations to Kim Newman
on her promotion!**



Kim Newman was promoted to Marketing and Communications Specialist. Over her 12 years at the Adelphi NYS Breast Cancer Hotline & Support Program, Ms. Newman has expanded her role substantially. She continues to create and update all of our digital, and print materials, co-facilitates our Creative Arts Series, collaborates with the Office of Advancement on fundraising events from Comedy Nights to Crowdfunding campaigns, and more. She is a creative force, and truly cares about the clients we support daily. Congratulations to Kim on this well-deserved recognition!



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

adelphi.edu/breast-cancer



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!**

Quick question, are you following us on our socials?

The Adelphi Breast Cancer Program offers **many** different ways to stay connected. The good news is that you don't have to choose! We encourage you to connect with us across **all** our social media channels.

SOCIAL MEDIA



[facebook](#), [X](#), [linkedin](#), [instagram](#), [youtube](#)



Support Us

There are many ways for you to be involved with the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

As a statewide, not-for-profit organization, we provide free, bilingual social work services, peer support, and education to the breast cancer community.

Ways You Can Get Involved

We rely on grants and donations to continue our vital work. Without your support, we may not be able to provide these life-saving services to those who need them most.



Donate

Your support matters. By donating to the Adelphi NY Statewide Breast Cancer Hotline & Support Program, you directly contribute to our mission of providing vital services and assistance to individuals, families, and caregivers affected by breast cancer. Every tax-deductible contribution helps us expand our reach, enhance our resources, and provide support to those in need.

Make A Gift



Become a Volunteer

Dedicated and professionally trained volunteers are at the heart of everything we do. Our experienced volunteers answer calls to our breast cancer hotline and provide support, resources and referrals across New York State.

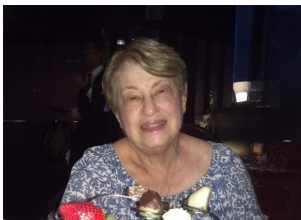
Volunteer Training Information



Fundraising Initiatives

Get involved to host and/or support us to raise awareness and funds for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Help Raise Funds & Awareness



The Janet Fine Fund

The Janet Fine Fund for Breast Cancer, created in honor of Janet Fine's dedication, supports the Adelphi NY Statewide Breast Cancer Hotline by funding outreach efforts, volunteer training, and vital support services for those affected by breast cancer.

About the Janet Fine Fund **Make A Gift**



Meghan's Pansies Fund

Meghan's Pansies, established to honor Meghan Kenny Halloran's legacy, supports educational initiatives, forums, support groups, outreach efforts, and maintains a garden at the Adelphi School of Social Work.

About Meghan's Pansies

**The Adelphi Breast Cancer Program
wishes our volunteers
the happiest of birthdays!**



THANK YOU TO ALL OUR SPONSORS

(Listed below in alphabetical order)

Alpern Family Foundation Inc.

Centers for Disease Control and Prevention

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 Department of Health

Northwell Health Cancer Institute

Pink Aid

Please visit our website at adelphi.edu/breast-cancer
Donate to our cause at adelphi.edu/breast-cancer/donate
