



## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

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

# Got Checked?

Early detection  
saves lives!



### Our Services...

- Toll-Free Breast Cancer Hotline
- Professional Counseling (*English & Spanish*)
- Support Groups
- Educational Forums & Events
- Community Outreach
- Survivorship Programming
- Referrals for free or low-cost mammograms

September 2025 - Newsletter

[View Website](#)

## September is Self-Care Awareness Month

### Got Checked? Early detection saves lives!

September is **Self-Care Awareness Month** and the perfect time to focus on your health. The Adelphi NY Statewide Breast Cancer Program is here for you, offering free professional counseling (in English & Spanish), support groups, educational forums and events, community outreach, survivorship programming and referrals for free or low-cost mammograms. Schedule your routine screenings and **get checked - early detection saves lives!**

Please share our "**Got Checked? Early detection saves lives!**" 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

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### Our Services...

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CALL 800.877.8077

TEXT 516.262.3263

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



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

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



## 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.



We are happy to share the next video in the STEP program series. **Dr. Abdel Flores**, a board-certified plastic surgeon specializing in breast reconstruction, breast and body contouring, and rhinoplasty, shares in Spanish, the latest techniques in breast reconstruction and how they can help restore confidence and well-being after breast cancer treatment. [Watch now!](#)



Stay tuned later this month for the release of another video in the STEP Program series. Breast cancer survivor **Tanya Crawford** shares her powerful journey, highlighting the strength found in community support and the realities of life after treatment. Her story embodies courage, authenticity, and hope for others facing similar battles.

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

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## CELEBRATION OF SURVIVORSHIP 2025

**Registration is now open!**

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



## Our **Speakers**

[Learn more](#) about our amazing 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**

*Adelphi Breast Cancer Program Hotline Volunteer*

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**\*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**. If you need assistance with your ad design, please contact Kim Newman at **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**. If you need assistance with your ad design, please contact Kim Newman at **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](mailto:knewman@adelphi.edu). If you need assistance with your ad design, please contact Kim Newman at [knewman@adelphi.edu](mailto: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.**

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### 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 Sponsors

**TANNA**<sup>MD</sup>



## Kathi & Jeff Glass

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### **THE WARRIORS BOOK CLUB MEETING - September 29, 2025**

**The Storied Life of A.J. Fikry**  
by Gabrielle Zevin

[Click here](#) to register



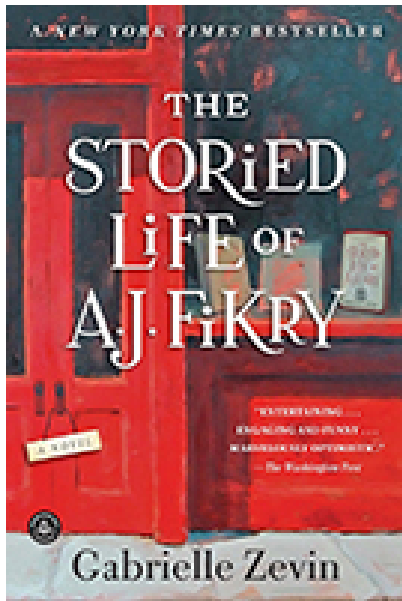
Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

**Monday, September 29, 2025**

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

On **September 29th** we will be discussing the book **The Storied Life of A.J. Fikry** by **Gabrielle Zevin**.





This New York Times best-selling novel tells the tale of a discouraged bookstore owner who is transformed through novels and relationships. It is a story of transformation and second chances, and how reading can bring people together.

## REGISTRATION:

**Click here** to register for our **September 29, 2025** Warriors Book Club Meeting on zoom.

**\* One week prior to the book club meeting you will receive the zoom link in an email.**

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## 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** 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.*

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### ***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](mailto:goetz@adelphi.edu).**

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### ***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](mailto:apapalia@adelphi.edu).**

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### ***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](mailto:apapalia@adelphi.edu).**

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### ***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](mailto:goetz@adelphi.edu).***

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## **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**

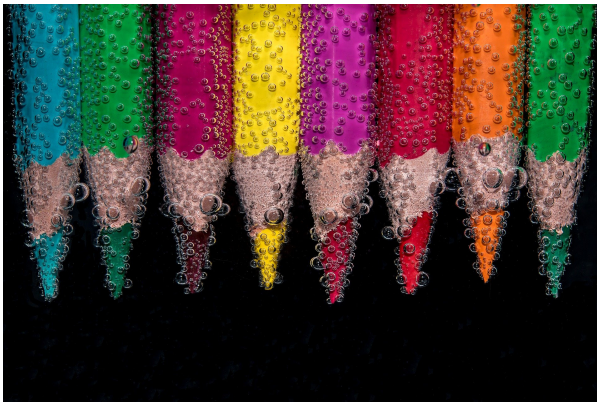
Un grupo de apoyo para pacientes y sobrevivientes de Cancer del seno.

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

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

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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 Specialist for the Adelphi Breast Cancer Program.

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## News & Press Releases

August 7, 2025

### **Adelphi NY Statewide Breast Cancer Hotline & Support Program Launches Collaborative Initiative with Mercy Hospital to Support Breast Cancer Patients**



The Adelphi Breast Cancer Program enhanced its longstanding partnership with Mercy Hospital by increasing free on-site social work services available to patients and caregivers seeking support during diagnosis and treatment.

**Click Here** to read the press release

**READ MORE**

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**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!**

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## 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](#)**

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### **[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](#)**

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### **[Fundraising Initiatives](#)**

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

### **[Help Raise Funds & Awareness](#)**

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



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## 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](http://adelphi.edu/breast-cancer)  
Donate to our cause at [adelphi.edu/breast-cancer/donate](http://adelphi.edu/breast-cancer/donate)

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