



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • adelphi.edu/breast-cancer

SAVE THE DATE

GIVING
TUESDAY

12.02.25

November 2025 - Newsletter

[View Website](#)

Mark Your Calendar

Giving Tuesday - 12.02.25

#GivingTuesday is a global day of generosity taking place on December 2nd. 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 2nd, 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, chemotherapy, 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

Our dedicated volunteer, Timothy Hott, was recently interviewed for an article in The Herald. Diagnosed with breast cancer in 2020 at the age of 71, Timothy shares a powerful message for other men: **"No one should die of embarrassment. If you see something, get it checked. Breast cancer is not just a women's issue—it's a health issue that affects us all."**



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.



This November, we're proud to share our latest STEP Program video featuring **Diana Tjaden**, a dedicated physical therapist who highlights the vital role of physical therapy in breast cancer recovery. In this informative presentation, Diana explains how early intervention can ease pain, improve mobility, and support healing after surgery and treatment. Her insights underscore the importance of education, collaboration, and patient empowerment—reminding us that recovery encompasses not only physical healing, but emotional and community support as well.



In honor of **National Family Caregivers Month** this November, we're proud to share **Kim and Anthony's** story—a powerful testament to love, resilience, and the vital role of caregivers in the cancer journey. When Kim was diagnosed with stage two invasive ductal carcinoma at just 30 years old, Anthony became not only her partner but her unwavering source of strength and comfort. Together, they navigated the uncertainty of treatment, learning to face each day with courage, hope, and gratitude. Their story reminds us that no one should face breast cancer alone and that the support of loved ones can make all the difference on the path to healing.

Visit our YouTube channel for future profiles and educational videos.

UPCOMING ONLINE FORUM

HOPE & HEALING:

Advancing Breast Cancer Care
with Compassion and Science

**Thursday, November 6, 2025
(12:00 - 1:00 pm) on Zoom**



Date: Thursday, November 6, 2025

Time: 12:00 pm - 1:00 pm

Place: Zoom

Registration: [Click here](#) to register

This forum is free, however, you must register to attend.

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

Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program on **Thursday, November 6, 2025** for an enlightening conversation with **Dr. Ruby Sharma**, an attending physician at the **RJ Zuckerberg Cancer Center**, whose clinical practice is exclusively dedicated to the care of patients with breast cancer. Board Certified in Internal Medicine, Medical Oncology, Hematology, and Palliative Medicine, Dr. Sharma brings a comprehensive, compassionate, and evidence-based approach to cancer care.

In this session, Dr. Sharma will share her insights on several critical and often complex areas of breast cancer care, including triple-negative breast cancer, breast cancer diagnosed during pregnancy, and the importance of high-risk screening and early detection. She will also discuss how personalized, multidisciplinary care can improve outcomes and support patients through every phase of their journey.

Whether you're a healthcare provider, patient advocate, or looking to learn about advances in breast cancer care, this forum offers a unique opportunity to hear from a leading expert in the field.



Registration: [Click here](#) to register

**Thank you for being a part of our
2025 Celebration of Survivorship**



[Watch](#) the video of the entire Celebration of Survivorship.

[View](#) our event journal.

[Enjoy](#) photos from the evening.

THANK YOU TO OUR 2025 CELEBRATION OF SURVIVORSHIP SPONSORS

Adee & Don Hendler
Leviton
Kat's Ribbon of Hope
Neil Tanna, M.D., MBA
Hicks Nurseries
Kathi & Jeff Glass
Digital Graphic Imagery Corp.
The DeMatteis Family

THE WARRIORS BOOK CLUB MEETING - December 8, 2025

Theo of Golden
by Allen Levi

[Click here](#) to register

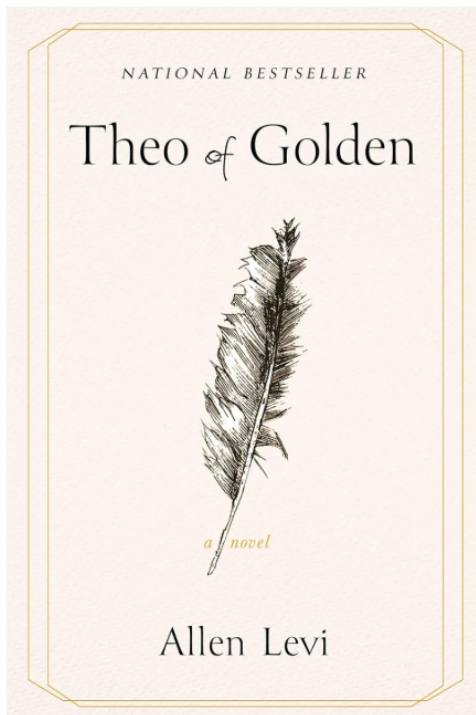


Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

Monday, December 8, 2025

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

On **December 8th** we will be discussing the book **Theo of Golden by Allen Levi.**



In this national best-selling novel, a stranger named Theo arrives in the small city of Golden. Theo visits a local coffee shop and sees ninety-two portraits on the walls and decides to purchase them

and return them to their “rightful owners.” The book explores heartwarming stories, friendships, and the kindness of strangers.

Note: Theo of Golden can be purchased at your local bookstore, as an audio book, and/or at Barnes and Noble.

REGISTRATION:

Click here to register for our **December 8, 2025** Warriors Book Club Meeting on zoom.

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

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.

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 – Virtual

Hormone Therapy Drop-In Support Group – *Virtual*

Ongoing, monthly support group will meet via zoom. 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*

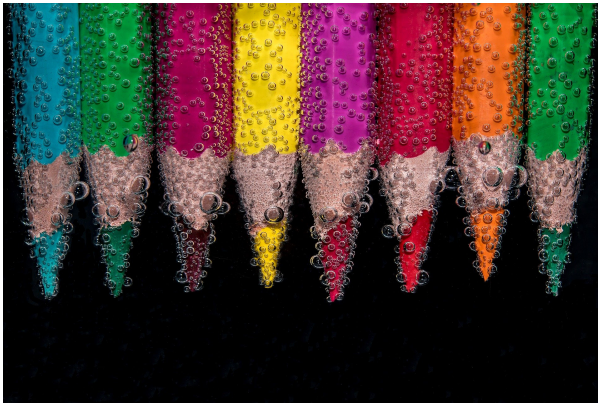
A Spanish-language support group for breast cancer patients and survivors. This group meets every other week via zoom.

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.

News & Press Releases

Click here to read our newest press releases

October 9, 2025

Hope & Healing:

Learn the Latest in Breast Cancer Care from a Leading Expert

The Adelphi NY Statewide Breast Cancer Hotline & Support Program will host a free webinar with Northwell Health's Dr. Ruby Sharma on November 6.



October 9, 2025

Featured in Long Island Press

Adelphi's Creative Arts Workshop Promotes Wellness & Healing

by Christy Hinko

Adelphi University's Breast Cancer Program is once again offering its popular 4-Week Creative Arts Workshop, designed to provide participants with a therapeutic outlet for expressing their emotions and promoting personal wellness.

[Click here](#) to read the article

October 16, 2025

Featured in The Herald

Your Health Breast Cancer

See the online Breast Cancer Awareness issue of the Herald where volunteers from the Adelphi Breast Cancer Program were interviewed.

[Click here](#) to see the flipbook

The Health Line: Issues that Shape Our Wellbeing

Podcast with Angela Papalia, Assistant Director of the Adelphi Breast Cancer Program and Patti Bunyon Volunteer with the program.



For Breast Cancer Awareness Month, there was a special episode of The Health Line: Issues that Shape Our Wellbeing, hosted by Dr. Andrea Ault-Brutus. This radio program co-produced by Hofstra University's School of Health Sciences and WRHU provides engaging and informative content on the factors that shape our health and well-being.

In this podcast, Angela Papalia, Assistant Director of the Adelphi NY Statewide Breast Cancer Hotline & Support Program, and volunteer Patti Bunyon, share powerful insights on

the program's free hotline, counseling, and support groups. They also explore the vital link between breast cancer and mental health, leaving listeners inspired to take action and support those affected.

[Click here](#) to listen to the interview

READ MORE

Think Pink!



THINK PINK!

Join us on Friday, November 7th from 4 – 7 pm for an evening of sips and Fall shopping at **JMcLaughlin** with hostess Tiffany Troso-Sandoval, MD. 10% of sales will benefit the Adelphi Breast Cancer Program.

Date: Friday, November 7th

Time: 4 – 7 pm

Place: J. McLaughlin (179 7th Street, Garden City, NY)

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 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.

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 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
