



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • adelphi.edu/breast-cancer

National Cancer Prevention Month

February 2026 - Newsletter

[View Website](#)

February is National Cancer Prevention Month!



In honor of cancer prevention, we have put together a **video** highlighting actions individuals can take to reduce their risk or chance of developing breast cancer. [Click here](#) to watch our cancer prevention video on our YouTube channel.

Remember, the **Adelphi New York Statewide Breast Cancer Hotline and Support Program** is here to educate, support, empower, and advocate for breast cancer patients, professionals, and the community. Our toll-free **Breast Cancer Hotline** is here for New Yorkers with and/or concerned about breast cancer and is staffed by professionally trained and supervised volunteers, all of whom are breast cancer survivors. For support, contact us at **800.877.8077**.

February is Black History Month



In honor of black history month, we are encouraging women to schedule their mammogram. **ALL** women should be concerned about breast cancer regardless of their race or ethnicity. Although the incidence of breast cancer is slightly lower in African American women than white women, statistics show that mortality or death rates are higher. Practicing early detection is crucial for African American women to increase the chances of detecting cancer as early as possible. The Adelphi NY Statewide Breast Cancer Hotline & Support Program is committed to eliminating these disparities by providing access to information, mammography screening, and support to improve breast cancer outcomes for Black women in our communities.

If you need a mammogram but don't know how to obtain one or do not have health insurance contact us at 800.877.8077.

A warrior, a survivor, and a beacon of hope | Tanya Crawford's Story



In honor of Black History Month, we're sharing the inspiring journey of **Tanya Crawford**, an African American breast cancer survivor who shares her encouraging message with other survivors **"You are stronger than you know, and you are never, ever alone in this fight."**

When Tanya received her breast cancer diagnosis, her world shifted in ways she never anticipated. But through the fear, uncertainty, and difficult days of treatment, she discovered something profound: the incredible power of community, love, and unwavering support. In this video, Tanya opens up about:

- The raw emotions that come with a cancer diagnosis
- How treatment challenged her physically and mentally
- The family, friends, and healthcare team who became her lifeline
- Why sharing our stories can be a gift to others walking this path

Tanya's courage in sharing her most vulnerable moments reminds us why the Adelphi NY Statewide Breast Cancer Program exists — to ensure that every person touched by breast cancer has access to the support, resources, and community they deserve.

[Click here](#) to watch Tanya's video.

The STEP Program Video Series



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 month we will be sharing the next video in the STEP program series. **Avner Hershlag, MD, FACOG** of Stony Brook University, Island Fertility presents a two-part educational video series on fertility preservation for breast cancer patients. Dr. Hershlag discusses fertility preservation and chemotherapy, testing for genetics, and the ability for patients to conceive after breast cancer by freezing eggs and embryos, and/or utilizing donor eggs. His insightful remarks include highlights from past patients and are filled with hope, and humor.

[STEP Program videos!](#)

The Warriors Book Club Meeting

February 9, 2026

Hello Beautiful by *Ann Napolitano*

[Click here](#) to register

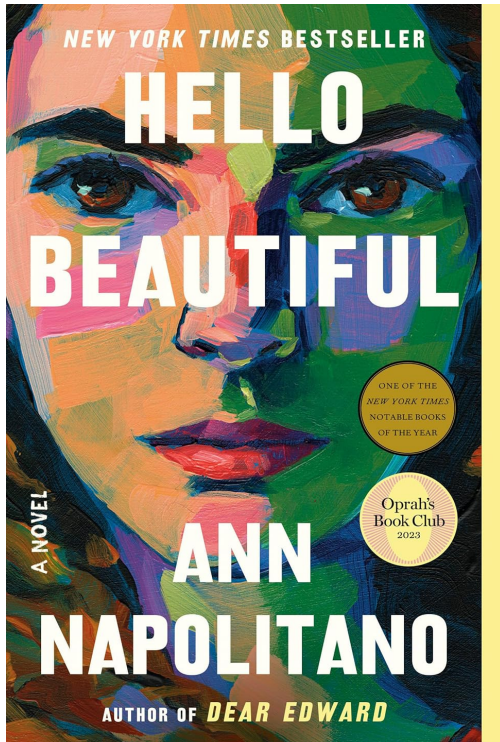


Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

Monday, February 9, 2026

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

On **February 9th** we will be discussing the book **Hello Beautiful** by **Ann Napolitano**



A *New York Times* bestseller, this 2003 novel tells the story of William Waters, a man with a tragic past who finds love with Julia Padavano, one of four inseparable sisters from Chicago. However, with any family there is conflict and a past which threatens to separate them. The book contains themes of love (familial, romantic, and self-love), loss and healing and is considered a modernization of *Little Women*.

REGISTRATION:

[Click here](#) to register for our **February 9, 2026** Warriors Book Club Meeting on zoom.

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

Forum

[Register](#) Today!



Addressing The Needs of People Living With **METASTATIC BREAST CANCER:**



A Conversation with Vered Stearns, MD, FASCO



Join the Adelphi NY Statewide Breast Cancer Hotline & Support Program on **Tuesday, February 10, 2026** for an engaging program with **Vered Stearns, MD, FASCO**, Director for Translational Breast Cancer Research and Interim Chief of Breast Medical Oncology from Weill Cornell Medicine as she addresses the needs of patients with metastatic breast cancer.

Dr. Stearns will address key topics related to metastatic breast cancer care, including emerging treatments, quality-of-life considerations, and how patients can best partner with their care teams. Dr. Stearns will be joined by **Ms. Christine Hodgdon**, Patient Advocate, who will explore the role of patients as research advocates and collaborators, and how patient perspectives can shape research, clinical practice, and healthcare systems.

This program will be moderated by **Angela Papalia, LMSW**, Assistant Director of the Adelphi Breast Cancer Program.

Date: Tuesday, February 10, 2026

Time: 6:00 pm - 7:30 pm

Place: ZOOM

[Click here](#) to register!



Weill Cornell Medicine
Sandra and Edward
Meyer Cancer Center

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

Online Creative Arts Workshop

REGISTER TODAY!



Our Creative Arts workshops are open to people coping with a breast cancer diagnosis, survivors and/or caregivers.

DATES: (4 consecutive Thursdays) March 5, March 12, March 19 & March 26, 2026

TIME: 10:00 am - 11:30 am (EST) on ZOOM

Our (4) week, online, 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. This workshop will explore the power of art as a tool for building resilience. Through self-reflection and creative expression, participants will cultivate hope, discover new ways to cope with challenges, and find strength. Art will serve as a therapeutic outlet, helping to relieve stress and foster problem-solving skills.

Each session will include creative activities facilitated by experienced staff who will offer guidance throughout the process. Participants will have opportunities to explore new perspectives, build personal resilience, and connect with others. Each session will begin with a **relaxation/breathing exercise** setting a calm and supportive tone for the creative journey ahead. You will gain fresh perspectives, connection and community.

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. *Supplies for the art projects will be mailed to you in advance.

HOW TO REGISTER:

For information and to register, 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.

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.

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News & Press Releases

[Click here](#) to read our newest press releases

January 6, 2026

**Adelphi's Warriors Book Club Returns for 2026,
Connecting Breast Cancer Survivors Through Story**

The Adelphi Breast Cancer Program's Warriors Book Club will resume its virtual meetings on **Monday, February 9 at 7 PM EST**, bringing together breast cancer survivors from Long Island and across New York State for conversation, connection, and community. This free, Zoom-based gathering will feature a discussion of *Hello Beautiful* by Ann Napolitano, a *New York Times* bestseller praised as a modern take on *Little Women*.

[Read the full article](#)

January 22, 2026

Adelphi Breast Cancer Program Creative Arts Workshop Returns in March

The Adelphi Breast Cancer Program will once again host its popular Creative Arts Workshop, Resilience Through Art: The Healing Journey. This four-week virtual workshop empowers participants to use creative expression as a healing modality while offering a supportive, safe space designed to foster emotional well-being and connection.

[Read the full article](#)

January 30, 2026

Adelphi To Host Free Virtual Forum on Metastatic Breast Cancer Care

Patients living with metastatic breast cancer often have complex questions about treatment options, symptom management, and ongoing care. On **Tuesday, February 10, 2016 at 6:00 p.m. EST**, the Adelphi NY Statewide Breast Cancer Hotline & Support Program will host a free virtual forum featuring **Dr. Vered Stearns, MD, FASCO**, Director of Translational Breast Cancer Research, Interim Chief of Breast Medical Oncology and Associate Director for Clinical Research in the Sandra and Edward Meyer Cancer Center at **Weill Cornell Medicine**.

[Read the full article](#)

[READ MORE](#)

Program Updates

Welcome to our new Bilingual Social Worker



On Monday, January 5th we welcomed **Marjorie Coello, LMSW**, bilingual social worker to our staff. Marjorie is a Licensed Master Social Worker (LMSW) who earned her master's degree from Fordham University's School of Social Work. She brings approximately five years of professional experience, including two years in community social work and three years in private practice.

Marjorie's focus is on helping cancer patients navigate the healthcare system while offering comprehensive support through counseling, advocacy, and connection to critical resources. She works with patients and their families from diagnosis through treatment and survivorship, recognizing that each individual approaches a cancer diagnosis with unique life experiences, cultural backgrounds, and coping styles.

Marjorie is committed to providing culturally responsive, patient-centered care and to addressing barriers that may impact treatment, including financial stressors, family responsibilities, and system-related challenges.

She is fluent in Spanish and able to provide services in both English and Spanish. She is honored to be part of a program dedicated to supporting individuals during some of the most vulnerable moments of their lives. Witnessing patients' resilience, courage, and strength in the face of serious illness is both humbling and inspiring, and it is deeply meaningful to accompany them on their journeys.

Welcome to the team Marjorie!

We Are Hiring!

[Apply today](#) to join our amazing team



Hotline & Volunteer Supervisor

The **Adelphi NY Statewide Breast Cancer Hotline & Support Program** is seeking a compassionate and experienced professional to join our team as a Hotline & Volunteer Supervisor.

This hybrid position (typically 2 days on site / 3 days remote) plays a critical role in overseeing our Breast Cancer Hotline and Volunteer Program while providing licensed counseling and support to individuals and families impacted by breast cancer across New York State.

Key Responsibilities Include:

- Oversight of Hotline services and statewide outreach
- Recruitment, training, and supervision of volunteers
- Providing psychosocial support to clients
- Facilitating English-language support groups and survivorship programming
- Collaborating with hospitals, healthcare providers, and community partners
- Participating in educational forums, outreach events, and fundraising initiatives

Qualifications:

MSW with LMSW required

Minimum of 7-years of relevant experience

Strong clinical, leadership, and communication skills

Experience supervising staff and volunteers

Valid driver's license and vehicle

Salary Range: \$65,000 – \$75,000 annually (grant-funded)

Benefits: Adelphi University offers a comprehensive benefits package

This role reports to the Assistant Director, Breast Cancer Program and offers the opportunity to make a meaningful impact by supporting individuals navigating breast cancer while leading a dedicated volunteer community.

[Click here](#) to learn more and apply through Adelphi University's careers page.

Lets Stay in Touch!

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](#), [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
