



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

800.877.8077 • adelphi.edu/breast-cancer

STAY ACTIVE **GET ADEQUATE SLEEP** **LISTEN TO YOUR INSTINCTS**

SCHEDULE MAMMOGRAPHY AND HEALTH SCREENINGS

PRACTICE MINDFULNESS **SET REALISTIC GOALS** **ADVOCATE FOR YOURSELF**

This Season
Choose You!

May 2026 - Newsletter [View Website](#)

Hello Spring!

This Spring, the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** created an outreach campaign titled, "**This Season, Choose You!**" to urge women to take control of their health and obtain health screenings. People concerned about breast cancer can call the hotline at **800.877.8077** or text us at **516-262-3263** to find out how to get a free or low-cost mammogram in their communities or to get answers to questions they may have about breast cancer (*in English or Spanish*).

[Click here](#) to download our ad in both English and Spanish. Help us spread the word by sharing our ad on **social media**. If you require our ad in a different size, please reach out to knewman@adelphi.edu.

May is Mental Health Awareness Month



Our Social Workers help to empower individuals and their families to navigate through a breast cancer diagnosis. Always ready with a listening ear, our **Social Workers** help people to find strength in coping with some of life's greatest challenges. Individual and family counseling is provided by our licensed social workers. Individual telephone counseling is available statewide along with counseling in English and Spanish. Learn more about how our social workers can help.

[Click here](#) to meet our amazing team.

All services are free and confidential.

Call us at: 1.800.877.8077 or text us at 516.262-3263.

Our licensed Social Workers, and trained volunteers are here to help.

You are not alone!

**Thank You To Everyone Who Helped Make
Giving Day 2026 A Success!**

Giving Day: 04.22.26 - 04.23.26

#Give4Adelphi

**1,896
minutes
to give** ♥

ADELPHI UNIVERSITY
GIVING DAY 04.22.26 - 04.23.26

THANK YOU!



Thank You! Because of your generosity, **GIVING DAY** was a wonderful success. Together we raised nearly **\$9,000!**

We also want to give a special thank you to **Dr. Neil Tanna, Advisory Board Member** of the Adelphi New York Statewide Breast Cancer Hotline & Support Program whose generosity matched every gift to the Adelphi Breast Cancer Program, dollar for dollar up to **\$2,500**.

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.

We are **grateful to you** for allowing us to make a positive difference in the lives of breast cancer patients and their families.

The STEP Program Video Series

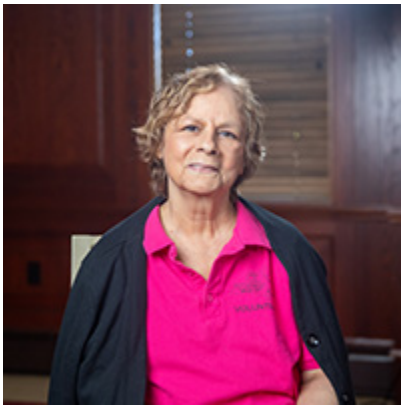


The STEP Program

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.

We are happy to share the [next video](#) in the STEP Program series. **Joanna Formont, LMHC, Executive Director of SIBSPlace**, discusses how parents and caregivers can support children when a parent is diagnosed with breast cancer. From guidance on open, age-appropriate communication to understanding children's emotional responses and building coping skills, Joanna offers practical strategies to help families foster stability, resilience, and connection during a challenging time.



Later this month, we'll be sharing a heartfelt video featuring breast cancer survivor and longtime volunteer **Anne Hogan**. In this personal reflection, Anne opens up

about her journey, the power of a strong support system, and what life after treatment looks like. Her story is one of resilience, honesty, and hope.

[STEP Program videos!](#)

The Warriors Book Club In-Person Meeting

Our Last Vineyard Summer *by Brooke Lea Foster*

[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, June 1, 2026

Join us *in-person* 2:00 pm - 3:30 pm

***Meet and chat with author Brooke Lea Foster
Adelphi University, Alumni House**



Meet and chat with **Brooke Lea Foster** author of the novel **Our Last Vineyard Summer**. This captivating new novel set in 1965 and 1978 is about a graduate student who returns with her sisters to their family's summer home on Martha's Vineyard and begins to unravel old family secrets.

REGISTRATION:

[Click here](#) to register for our in-person **June 1, 2026** Warriors Book Club Meeting with author Brooke Lea Foster.

* Once registered, you will receive an email with directions to the Adelphi University, Alumni House.

Creative Arts In-Person Forum



Date: Tuesday, July 28, 2026

Time: 10:00 am - 12:00 pm

Place: Adelphi University

[Click here](#) to register

Join us in-person at Adelphi University for a creative adventure called “**Sunshine Within**”. This uplifting program invites participants to embrace their journey, recognize their growth, and reconnect with the light that continues to shine from within. Together, we’ll transform hope, healing, and positivity into meaningful creations you can see, touch, and carry with you.

Throughout the forum, we will explore a variety of techniques and mediums. All artistic levels are welcome to join. We encourage you to relax, let go, and enjoy the process of creating your own personal masterpiece. **This program is open to breast cancer survivors and caregivers.**

REGISTRATION

Space is limited to 50 participants

This event is free, however, you must register online.

[Click here](#) to register

Celebration of Survivorship 2026

Save The Date



Celebration of Survivorship

*Thursday, October 22, 2026
at Adelphi University*

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.

ONLINE SUPPORT GROUPS

Newly Diagnosed

This drop-in support group is for women who have been newly diagnosed with breast cancer.

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Under 45, Young Women's Support Group

This drop-in support group addresses the unique needs of young women with breast cancer.

NOW FORMING

Whether you're newly diagnosed, in treatment or years into survivorship-- your experience matters. Starting in May, our six week, virtual Young Women's Breast Cancer Support Group (ages 25-45) will be offered. This group is facilitated by a licensed social worker and offers a safe, supportive space to connect with others who understand. **Reach out to join or learn more.**

For more information and to register, please contact Marjorie Coello LMSW at: 516.877.4313 or mcoello@adelphi.edu

Support for Stage 4 Breast Cancer

Men and women with Stage 4 Metastatic Breast Cancer can find support, and share information, and coping strategies.

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

Creative Arts Workshops

Our four-week virtual creative arts workshops provide a therapeutic space for self-expression through art. Led by our professional staff, these workshops guide participants through various exercises and discussions, fostering personal insight and developing new coping skills.

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

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Hormone Therapy Support Group

This bimonthly drop-in support group will meet via zoom. It is for breast cancer patients and survivors currently undergoing hormone therapy as adjuvant therapy.

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

SUPPORT GROUP FOR SPANISH SPEAKING WOMEN

Cafecito

Cafecito is a Spanish-language support group for breast cancer patients and survivors. This group meets twice monthly via zoom.

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

News & Press Releases

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

4/23/26



Adelphi Breast Cancer Program Hosts In-Person Warriors Book Club Featuring Author Brooke Lea Foster



The Adelphi NY Statewide Breast Cancer Hotline & Support Program invites breast cancer survivors and caregivers to a special in-person gathering of its Warriors Book Club on Monday, June 1, from 2:00 to 3:30 p.m., featuring a discussion of the novel *Our Last Vineyard Summer* with author Brooke Lea Foster joining the conversation.

[read article](#)

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
