



ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • adelphi.edu/breast-cancer



August 2026 - Newsletter

[View Website](#)

Celebrate National Wellness Month!

August is **National Wellness Month**, a wonderful reminder to prioritize your self-care. Wellness isn't about making big changes overnight, it's about taking small, meaningful steps that support your physical, emotional, and mental health. Whether you're at work or at home, simple healthy habits can help reduce stress, boost your energy, and improve your overall quality of life.

At Work: Take short breaks throughout the day to stretch or go for a brief walk. Choose the stairs when possible. Suggest a walking meeting with a colleague. Participate in workplace wellness activities. Adjust your workspace to support good posture. Set healthy boundaries around your workday and make time to recharge.

At Home: Make movement part of your daily routine (walking, yoga etc). Spend time outdoors by gardening, hiking, or simply enjoying nature. Create a calming bedtime routine to support restful sleep. Practice mindfulness, meditation, or deep breathing to reduce stress. Connect with family and friends. Set aside time for hobbies and activities that bring you joy.

GOAL: This month, choose one new healthy habit and celebrate the positive difference it can make.

The STEP Program Video Series



The STEP Program

The Adelpi 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're featuring **Dr. Clarissa Bonanno's** latest STEP educational video, Breast Cancer and Pregnancy. In this informative presentation, Dr. Bonanno discusses the unique challenges of a breast cancer diagnosis during pregnancy, explains how treatment can be safely tailored to protect both mother and baby, and highlights the importance of a multidisciplinary care team. She also addresses future pregnancy, fertility considerations, and the resources available to support patients and their families throughout their journey. **STEP Program videos!**



In honor of National Wellness Month we are happy to share a video from **Debbie Hughes of *Strength for Life***. Debbie shares how exercise can play a vital role in breast cancer care. She highlights how strength training, balance, flexibility, and endurance can help manage treatment side effects, support recovery, and improve overall well-being. [Watch Video](#)

Celebration of Survivorship 2026
Registration is now open!

Register Today



***Celebration of
Survivorship***

**Thursday, October 22, 2026
4:00 - 6:00 pm**
at the Ruth S. Harley University Center Ballroom
Adelphi University, Garden City, NY

Speakers for the evening



Pam Shapiro

Diagnosed in 2000, 2010 & 2019

*Breast Cancer Survivor, and Member of the
Adelphi Breast Cancer Program's Advisory Board*



Donna T. Bacon, PhD, EdD, LCSW

Diagnosed in 2006

Breast Cancer Survivor and Advocate



Jeannie Rettura

Diagnosed in 1986

Breast Cancer Survivor, Volunteer with the Adelphi Breast Cancer Program

Sponsorship Opportunities

[Click here](#) to become an event sponsor

Visionary \$5,000

- Prime placement of company name and logo in our digital journal
- **Full page advertisement** (5.5w x 8.5h); inside cover and back cover positions are currently available
 - All ads must be submitted by **September 18, 2026**
 - Submit camera-ready artwork as a PDF or JPG to **knewman@adelphi.edu**
 - For ad assistance, contact Kim Newman at **knewman@adelphi.edu**
- Full-color logo featured on the webpage with a link to your company website

- Social media promotion, including tags, posts and mentions (four posts between September and October; begins after sponsorship payment is received)
 - Inclusion in the event press release (payment must be submitted by **September 18, 2026**)
 - Company logo featured in promotional emails (appears after sponsorship payment is received)
 - Reserved seating for four guests
 - Recognition from the podium during the event
-

Ambassador \$2,500

- Company name and logo listed as an official event sponsor in our digital journal
 - **Full-page advertisement** (5.5w x 8.5h)
 - All ads must be submitted by **September 18, 2026**
 - Submit camera-ready artwork as a PDF or JPG to [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu)
 - For ad assistance, contact Kim Newman at [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu)
 - Full-color logo featured on the webpage with a link to your company website
 - Social media promotion, including tags, posts and mentions (two posts in October; begins after sponsorship payment is received)
 - Inclusion in the event press release (payment must be received by **September 18, 2026**)
 - Company logo featured in promotional emails (appears after sponsorship payment is received)
-

Ally \$1,000

- Company name and logo will be listed as an official event sponsor in our digital journal
 - **Half-page advertisement** (5.5w x 4.25h)
 - All ads must be submitted by **September 18, 2026**
 - Submit camera-ready artwork as a PDF or JPG to [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu)
 - For ad assistance, contact Kim Newman at [**knewman@adelphi.edu**](mailto:knewman@adelphi.edu)
 - Full-color logo featured on the webpage with a link to your company website
 - Social media promotion, including tags, posts, and mentions (one post in October; begins after sponsorship payment is received)
 - Inclusion in the event press release (payment must be received by **September 18, 2026**)
 - Company name featured in promotional emails (appears after sponsorship payment is received)
-

Supporter \$500

- Company name and logo will be listed as an official event sponsor in our digital journal
 - **Quarter-page advertisement** (2.75w x 4.25h)
 - All ads must be submitted by **September 18, 2026**
 - Submit camera-ready artwork as a PDF or JPG to knewman@adelphi.edu
 - For ad assistance, contact Kim Newman at knewman@adelphi.edu
 - Company name included in promotional emails (appears after sponsorship payment is received)
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Digital Journal

[Click here](#) to reserve space in our digital journal

- **Full Page** (5.5w x 8.5h) **\$250.00**
(Educational Forums)
 - **Half Page** (5.5w x 4.25h) **\$125.00**
(One hour session with a social worker (English or Spanish))
 - **Quarter Page** (2.75w x 4.25h) **\$75.00**
(Emergency Transportation for a breast cancer patient)
-

THANK YOU TO OUR 2026 CELEBRATION OF SURVIVORSHIP SPONSORS

VISIONARY SPONSORSHIP

HENDLER FAMILY FUND

SUPPORTER SPONSORSHIP

The DeMatteis Family
NY Plastic Surgical Group

Comfort & Connection with Canines

Tuesday, September 15, 2026 (2:00 - 3:00 p.m.)

Adelphi University, Alumni House

[Register](#) Today!



Looking for an uplifting afternoon?

Join **Jodi Ekberg**, *Dog Trainer and Administrator for The Empire State Snow Dog Club*, and her amazing, certified therapy dogs in a special program dedicated to the healing power of canine companions! **Angela Papalia**, *LMSW Assistant Director of the Adelphi NY Statewide Breast Cancer Hotline & Support Program* will join Jodi in discussing how pet therapy and social workers can assist people who are navigating a breast cancer diagnosis.

Participants will have the opportunity to meet and interact with Jodi and her two remarkable Therapy Dogs.

[Register](#) Today!

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 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 Support Group

Drop-In Support Group - Virtual

This drop-in support group is for women who are 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

Drop-In Support Group - Virtual

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

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

Ongoing Support Group-Virtual

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

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

Hormone Therapy Support Group

Bimonthly Drop-In Support Group-Virtual

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.

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.

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 Marjorie Coello, LMSW at: 516.877.4313 or mcoello@adelphi.edu.

IN THE NEWS

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

Newsday - LI People On The Move

LI People ON THE MOVE



KARL JEAN BAPTISTE

Gabriela Ortega, of Rosedale, Queens, has been hired as a hotline and volunteer coordinator at **Adelphi NY Statewide Breast Cancer Hotline & Support Program** in Garden City. Ortega was a master of social work intern at the same place.

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
