



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

800.877.8077 • adelphi.edu/breast-cancer

-2026-
Celebration of Survivorship
Thursday, October 22, 2026

October 2026 - Newsletter

[View Website](#)

October is Breast Cancer Awareness Month!

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.

Celebration of Survivorship 2026

Register Today!



Register Today

ADELPHI
NY
STATEWIDE
BREAST CANCER HOTLINE
& SUPPORT PROGRAM
800.877.8077

***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

THANK YOU TO OUR 2026 CELEBRATION OF SURVIVORSHIP SPONSORS

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Hendler Family Fund

ALLY SPONSORSHIP

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NYBRA Plastic Surgery

SUPPORTER SPONSORSHIP

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The Machado Family
New York Plastic Surgical Group

The STEP Program Video Series



The STEP Program

The Adelphi NY Statewide Breast Cancer Hotline & Support Program was awarded a grant from the Centers for Disease Control and Prevention (CDC) for 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](#).



Meet **Katie Kaspar**, a 10-year breast cancer survivor whose journey led her to the Adelphi NY Statewide Breast Cancer Hotline & Support Program. In her STEP video, Katie shares how finding a supportive community inspired her to create breast cancer awareness events of her own and give back to the program that had welcomed her. [STEP Program videos!](#)

Eating Well During Breast Cancer Treatment

Nutrition Tips to Help Manage Side Effects and Support Recovery

Tuesday, November 10, 2026 (12:00 - 1:00 p.m.)
on Zoom

[Register](#) Today!



We invite you to join this virtual talk on nutrition during breast cancer treatment. **Karla Giboyeaux, MA, RDN, CDN**, Clinical Dietitian Nutritionist at Memorial Sloan Kettering Cancer Center, will discuss nutrition strategies to help manage side effects that may affect eating, as well as practical recommendations to support your well-being and maintain good nutrition throughout your treatment.



Karla Giboyeaux, MA, RDN, CDN
Clinical Dietitian Nutritionist
Memorial Sloan Kettering Cancer Center

This forum will be moderated by **Marjorie Coello, LMSW**,
Bilingual Social Worker at the Adelphi Breast Cancer Program.

Register Today!

The Warriors Book Club Meeting **Monday, November 16, 2026**

The Missing Pages by *Alyson Richman*

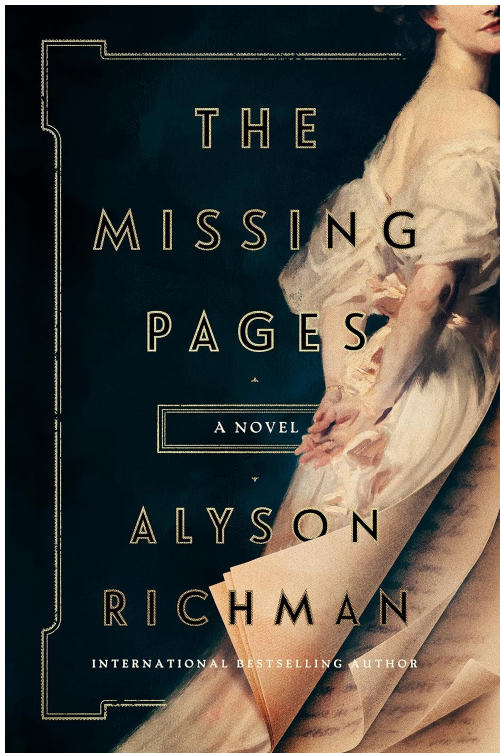
Click here to register



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, November 16, 2026

Join us on zoom from 7:00 pm - 8:00 pm (ET)



From bestselling author Alyson Richman, *The Missing Pages*, is a love story, a ghost story, and a nod to the healing power of books. Harry Widener is a passenger on the Titanic clutching a priceless book he had recently purchased in London. In his memory, his mother builds the Harry Widener Memorial Library at Harvard University. Decades later, Violet Hutchins, a sophomore at Harvard is working at the library when mysterious acts take place and she wonders if Harry is communicating with her from beyond.

REGISTRATION:

[Click here](#) to register for our **November 16, 2026** 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 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.

Help Support Us This **October**

Throughout Breast Cancer Awareness Month
help support the Adelphi Breast Cancer Program.

J. McLaughlin - Think Pink



THINK PINK. SHOP PINK. MAKE A DIFFERENCE.

Join us at J. McLaughlin in Garden City for an afternoon of sips, shopping, & support.
10% of sales will benefit the Adelphi Breast Cancer Program.

Date: October 6, 2026

Time: 3 - 6 pm

Place: J. McLaughlin, Garden City, NY

Shop with friends and help support the **Adelphi Breast Cancer Program!**

Pink Skate



LACE UP, SKATE & GO PINK

Get ready to roll for a great cause! Join us for **PINK SKATE**, a fun-filled evening celebrating **Breast Cancer Awareness Month** and supporting the **Adelphi Breast Cancer Program**!

Date: Thursday, October 8, 2026

Time: 6:30 pm to 8:30 pm

Place: United Skates – 1276 Hicksville Road, Seaford, NY

\$20 admission includes: skate rental and game card

PLUS: \$5 from every skater ticket purchased will be donated to the Adelphi Breast Cancer Program!

Invite your friends, wear your pink, and join us for a night of fun, community, and making a difference!

Purchase your tickets: unitedskatesevents.com/adelphi

Breast Cancer Walk/Run/Roll



Join Assemblymember Michaelle Solages and Adelphi NY Statewide Breast Cancer Hotline & Support Program for the annual Dr. Elsy Mecklenbourg-Guibert Memorial Breast Cancer Walk/Run/Roll

Date: Saturday, October 10, 2026

Time: 3 - 5 pm

Place: Arthur J. Hendrickson Park

123 W Merrick Road, Valley Stream, NY 11580

Register for this free community event

This special event marks the kickoff of Breast Cancer Awareness Month. Together, we will honor survivors, uplift those currently in treatment, and remember the lives lost to breast cancer. Whether you walk, roll, or cheer from the sidelines, your presence helps raise awareness and promote early detection.

18th Annual Kathy Donegan Memorial Breast Cancer Fundraiser



Join the NYS Fraternal Order of Court Officers for the 18th Annual Kathy Donegan Memorial Breast Cancer Fundraiser on Thursday, October 15, 2026 from 5:30 - 7:30 pm at Cornerstone in Mineola. Kathy was a beloved volunteer of the **Adelphi NY Statewide Breast Cancer Program** and court county clerk.

Breast Cancer Awareness Week at Adelphi University



Once again, the Adelphi NYS Breast Cancer Program is proud to partner with Campus Recreation, as well as the Athletic Department for **Breast Cancer Awareness!** This year, we will raising awareness the week of **10/19**. Be on the lookout for our outreach tables and specific events on campus!

The Pink Patch Project Sticker Edition



Adelphi Public Safety has teamed up with the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** to promote Breast Cancer Awareness Month. The Pink Patch was launched in 2020 by Sergeant Gerry Lennon of Adelphi's Department of Public Safety and Transportation. **The Pink Patch Sticker** will help raise funds for the Adelphi NY Statewide Breast Cancer Hotline & Support Program. It also aims to spark dialogue, promote awareness of our hotline and support services, and emphasize the crucial role of early detection in battling breast cancer.

News & Press Releases

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

9/9/26

Adelphi Breast Cancer Program to Celebrate Survivorship and Honor Three Long Island Women at Annual Gala



On **Thursday, October 22, 2026**, the Adelphi NY Statewide Breast Cancer Hotline & Support Program will host its annual Celebration of Survivorship Gala, an inspiring evening honoring breast cancer survivors, patients, caregivers and their families. The event will take place from 4:00 to 6:00 p.m. at the Ruth S. Harley University Center, Thomas Dixon Lovely Ballroom, on Adelphi University's Garden City, NY campus.

[read article](#)

9/10/26

Take The First Step. You're Not Alone.

This fall, the Adelphi NY Statewide Breast Cancer Hotline & Support Program launches its 2026 Breast Cancer Awareness campaign with the powerful theme **"Take The First Step. You're Not Alone."** The campaign urges individuals to prioritize their health by scheduling a mammogram, learning about breast cancer programs in their community and talking to someone who can help.

[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
