

ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

800.877.8077 • adelphi.edu/breast-cancer



Mark Your Calendar

Giving Tuesday - 12.01.26

#GivingTuesday is a global day of generosity taking place on December 1st. 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 1st, start giving today!

GIVE NOW!

Under Additional Options/Event, please write Giving Tuesday 2026 in the box.

November is National Men's Health Awareness Month



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 ckin
- Discharge from the nipple

Our dedicated volunteer, Timothy Hott, was 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 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 **Bonnie Hirschhorn**, a 28-year survivor of triple-negative breast cancer whose journey inspired her to become an advocate for herself and others facing similar challenges. In her STEP video, Bonnie shares how the Adelphi NY Statewide Breast Cancer Hotline & Support Program connected her with information, support, friendship and a community of fellow survivors and reminds us that there is life after cancer and a whole wide world out there. **STEP Program videos!**

In honor of **National Family Caregivers Month** this November, we're proud to share a video from **Joanna Formont, LMHC, Executive Director of SIBSPlace.** She 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.
Watch The Video

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.



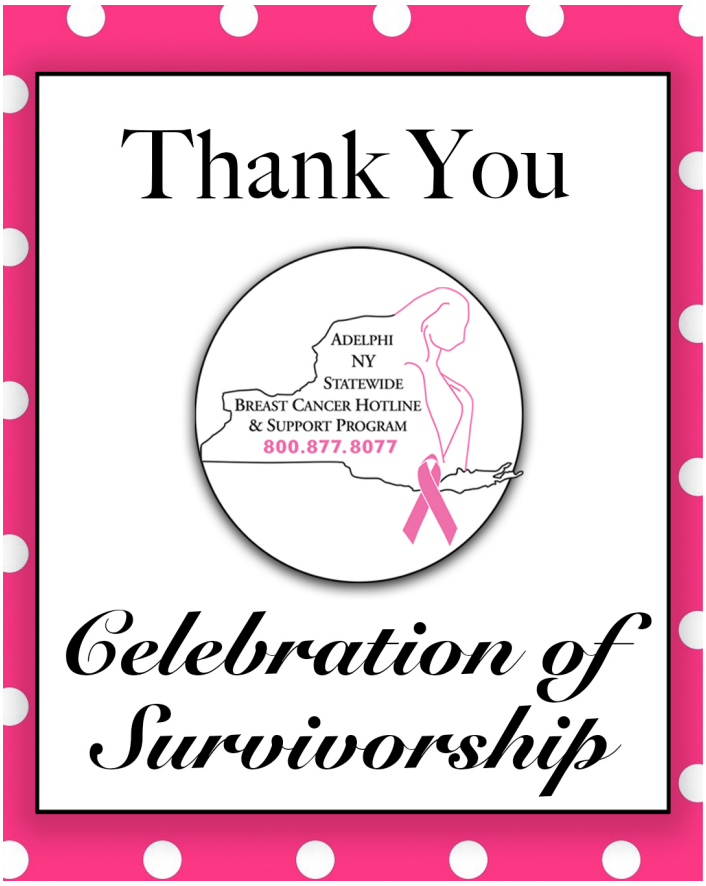
Karla Giboyeaux, MA, RDN, CDN
Clinical Dietitian Nutritionist

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!

Thank You for being a part of Celebration of Survivorship 2026



Listen to the audio recording from Celebration of Survivorship.

View our event journal.

See a photo gallery on our homepage.



THANK YOU TO OUR 2026 CELEBRATION OF SURVIVORSHIP SPONSORS

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SUPPORTER SPONSORSHIP

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The Warriors Book Club Meeting
Monday, November 16, 2026

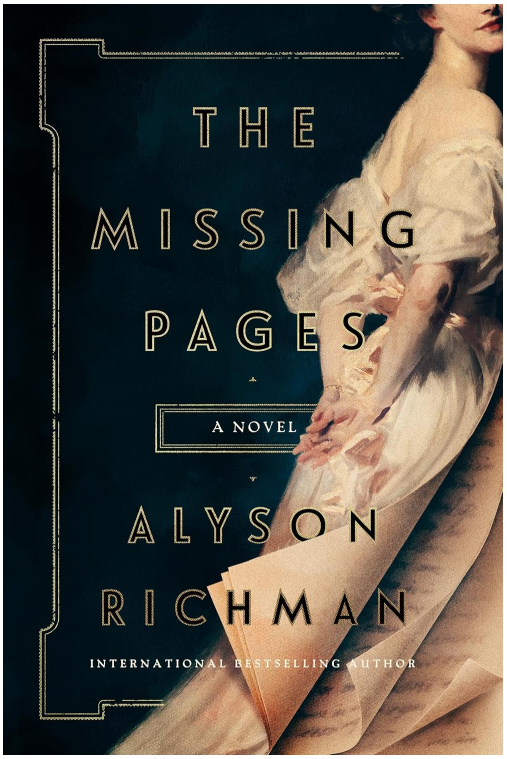
The Missing Pages *by Alyson Richman*

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 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

NOW FORMING

Young Women's Support Group (For women ages 25 - 46)
New and Returning Members Welcome - Virtual

You don't have to navigate breast cancer alone. Connect with other young women who understand the experience in a supportive space where you can share, listen,

and feel understood. Whether you're joining us for the first time or returning for another cycle, there is a place for you here.

Group Details
Date: Starting Wednesday, November 18 (Every Wednesday for 6 weeks)
Time: 7:30 pm - 8:30 pm
Place: Virtual support group

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

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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.

Support for Stage 4 Breast Cancer

Ongoing Suppport 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 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.

Program Updates

Welcome to our new Public Relations Consultant



The Adelphi Breast Cancer Program is pleased to announce that **Bill Corbett, Jr.** has joined our team as a **Public Relations Consultant**, effective October 1, 2026. As president of Corbett Public Relations, Bill will provide public relations and media relations support to the Adelphi NY Statewide Breast Cancer Hotline & Support Program. With more than 35 years of experience working with nonprofit organizations across Long Island, Bill has helped organizations raise awareness, communicate their missions, connect with the people they serve, and build donor and community support.

Welcome to the team Bill!

News & Press Releases

Click here to read our newest press releases

10/8/26



Adelphi Breast Cancer Program Urges Women Across New York to "Take The First Step" During Breast Cancer Awareness Month

For women facing breast cancer, taking the first step toward getting information, seeking support and prioritizing their health is important. The Adelphi NY Statewide Breast Cancer Hotline & Support Program is using Breast Cancer Awareness Month to encourage women across New York to take that step and connect with a network of survivors, volunteers and professionals who will be there along the way.

read article

10/23/26

Adelphi NY Statewide Breast Cancer Program Presents "Eating Well During Breast Cancer Treatment"

Women facing breast cancer and their families across New York State and the nation are invited to participate in a free online forum offering practical guidance on eating well, managing treatment side effects that affect eating and supporting recovery and overall well-being. The Adelphi NY Statewide Breast Cancer Hotline & Support Program, which has provided free support, education, counseling and resources to people affected by breast cancer since 1980, will present "Eating Well During Breast Cancer Treatment" on Tuesday, November 10, 2026, from noon to 1 p.m. on Zoom.

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!



Special thanks to everyone who supported us this October!



- **Adelphi University** - Breast Cancer Awareness Week
- **Adelphi University Public Safety Department** - Pink Patch Sticker

- **Coffee & Barbells Apparel (coffeebarbellsapparel.com)**
- **EfG Designs** by Esther Fortunoff-Greene **(efgdesigns.com)**
- **J. McLaughlin Clothing Store -** THINK PINK **(www.jmclaughlin.com)**
- **Supermarket Bingo** at New Hyde Park Elks Lodge
- **The 18th Annual Kathy Donegan Memorial Breast Cancer Fundraiser**
- **The Annual Dr. Elsy Mecklembourg-Guibert Memorial Breast Cancer Walk/Run/Roll**
- **The Glam Collective -** 2nd Annual Clothing Drive & Fashion Show
- **The Seasons** Annual Breast Cancer Luncheon
- **United Skates of America** - Pink Skate **(www.unitedskates.com/seaford)**
- **Signature Premiere Properties -** Jump Rope Challenge **(signaturepremier.com)**

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