

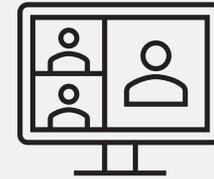


WELCOME!

While we are getting set up...

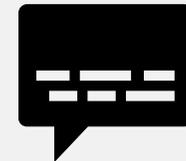
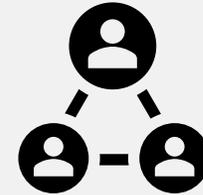
We would like to get to know our audience.
Please put your answer to the following questions in the chat.

1. Which organization are you with?



2. What is your role?

3. If your organization offers resources that support caregivers, please share that in the chat?



Health Equity and Cancer: *Mini-Series*

Session 1: *Supporting Caregivers*

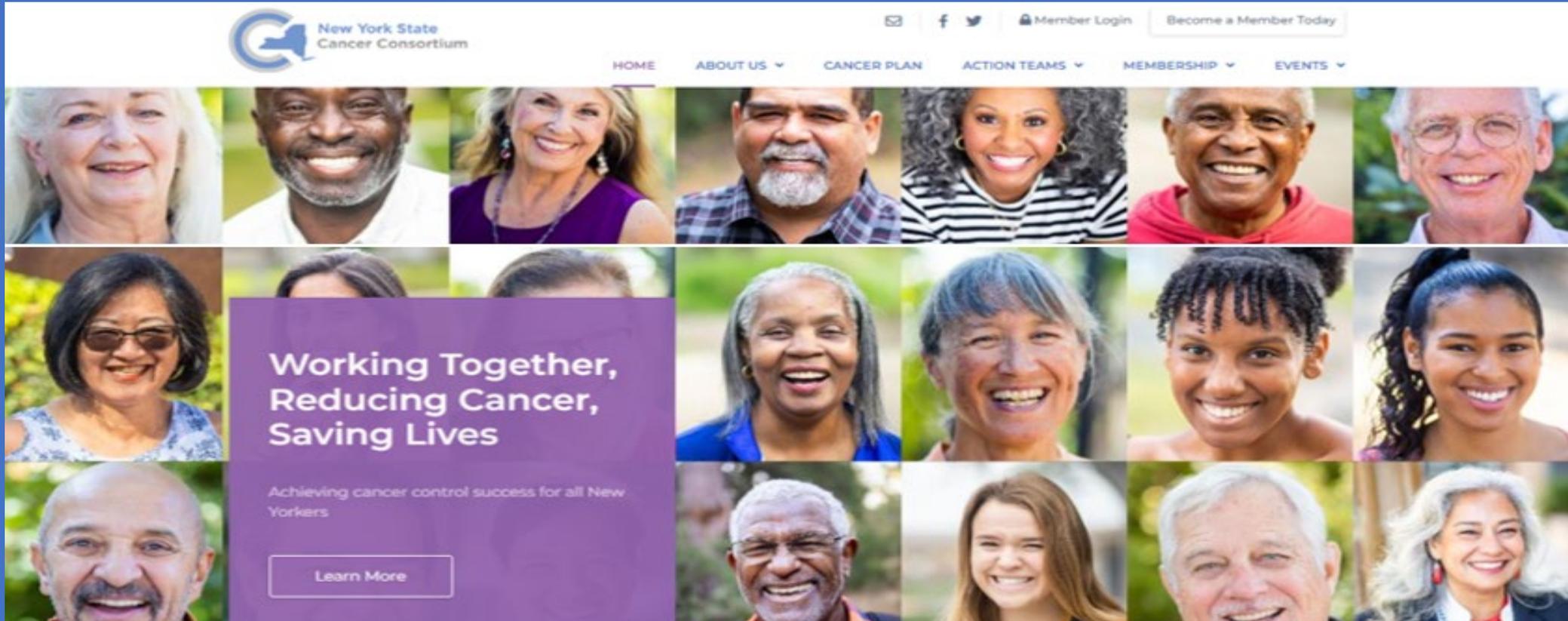
September 16, 2025 | 11 AM – 12 PM



NYSCC QUARTERLY
MEETING SERIES



www.nyscancerconsortium.org



We are New Yorkers from all walks of life who work together to reduce the burden of cancer.

[Member Area | New York State Cancer Consortium](#)

Session Objective:

- After this session, participants will understand more about the needs of caregivers and some of the programs in place and available to support them.

Today's webinar

- We will be hearing from the Adelphi NY Statewide Breast Cancer Hotline and Support Program
- The NYS Cancer Consortium acknowledges that many of its member organizations provide support to caregivers.

Housekeeping

Please mute your line.

If you have a question, please type it in the Chat Box.

Questions will be answered after the panel discussion.

This meeting is being recorded.

A link to the recording will be e-mailed to everyone who registered.

Health Equity and Cancer: *Mini-Series*

Upcoming Sessions

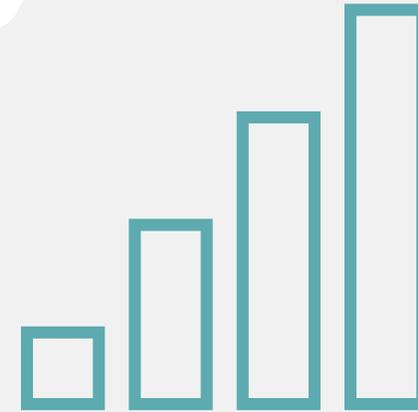
- **Session 2: Survivorship**
TBD
- **Session 3: Palliative Care**
TBD



Pre-Meeting Poll

1. Rate your knowledge of *supporting caregivers* before the webinar.

- Extremely knowledgeable
- Very knowledgeable
- Moderately knowledgeable
- Slightly knowledgeable
- Not at all knowledgeable



2. What is your motivation for or interest in attending today's webinar? (open-ended)

Health Equity and Cancer: *Mini-Series*

Session 1: Supporting Caregivers



➤ Meet Our Speaker

Angela Papalia, LMSW
Assistant Director, Adelphi
NY Statewide Breast Cancer
Hotline and Support
Program



Supporting Caregivers

Angela M. Papalia LMSW

Assistant Director,

Adelphi NY Statewide Breast Cancer Hotline & Support Program

E: apapalia@adelphi.edu



ADELPHI NEW YORK STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

- *support*
- *counseling*
- *referrals*



- *outreach*
- *education*
- *advocacy*

Call: 800.877.8077 Text: 516.262.3263

adelphi.edu/breast-cancer

Adelphi NY Statewide Breast Cancer Program

Adelphi University has a longstanding record of responding to needs in the community. In 1980, the first post mastectomy group began at Adelphi's School of Social Work, located in Garden City, NY.

Today, our services include:

- **Toll-free Breast Cancer Hotline - Contact us by phone 800.877.8077 or by text at 516.262.3263.**
- **Licensed Social Work Services (in English and Spanish) includes counseling, and referrals, in person, on the phone and via ZOOM.**
- **Support Groups include groups for newly diagnosed, young women (under 45), metastatic or stage 4, hormone therapy and Creative Arts; we also provide Cafecito, a Spanish-language support group.**

- **Sisters United in Health provides community outreach, bilingual health workshops, referrals for free or low-cost mammography screenings to underserved communities.**
- **Educational Forums focus on medical, legal, psycho-social and wellness topics, are facilitated by renowned experts, and are offered in English and Spanish.**
- **Volunteers and staff are available to provide breast health education at community events including health fairs, libraries, and women's groups.**
- **Survivorship Programming includes our annual Celebration of Survivorship which features a panel of survivors and provides inspiration to the breast cancer community.**
- **Warriors Book Club which is a supportive service for women to connect and share an uplifting book.**

The STEP Program

The STEP Program provides psychosocial support services for Young Breast Cancer Survivors, Metastatic Breast Cancer patients and their families through individual and family social work services.

The STEP Program also provides educational workshops and forums, provider education, a video series, referrals for free or low-cost mammography screening including individuals at high risk and peer support.

Angela M. Papalia LMSW

I am a Licensed Master Social Worker with twenty five years of experience. As the Assistant Director of the Adelphi NY Statewide Breast Cancer Program, I am responsible for clinical oversight of the breast cancer program. I assist in identifying, securing and retaining program grants to sustain all aspects of the program. I have been providing clinical, bilingual counseling and support services to individuals and their families within New York state throughout my career with the breast cancer program.

My areas of clinical expertise have been providing patient navigation, support, and advocacy to medically vulnerable and underserved communities. I provide training and consultations on cultural competence to healthcare professionals as well as to the public, presenting at local and national conferences on providing psychosocial support services to cancer patients. I represent the Adelphi Breast Cancer Program in the media and advocate for patients' rights. I have advocated on behalf of breast cancer patients on both a national and state level, working with the National Breast Cancer Coalition through the years.

Prior to working in Oncology, I worked as a bilingual clinician for an Emergency Mobile Psychiatric Service for children and families in the state of Connecticut. I hold a Masters Degree in Social Work from Adelphi University and a Bachelor's Degree of Science in Human Development and Family Relations from the University of Connecticut.

Caregivers: The unsung heroes.

The definition of the word ‘Caregiver’ from Merriam-Webster is, “a person who provides direct care (as for children, elderly people, or the chronically ill).”

Informal caregivers are individuals who provide unpaid care to a spouse, family member, or friend who has been diagnosed with cancer and needs assistance with daily activities.

The National Alliance for Caregiving (NAC) and AARP report in 2020 reveals that there are 53 million Americans providing care to others.



Challenges Caregivers Face:

- **Compassion Fatigue**
- **Lack of Support**
- **Limited Resources**
- **Financial Stress**
- **Balancing Caregiving Responsibilities with employment**
- **Navigating multiple familial roles**
- **Managing one's own health needs**
- **Transportation barriers**

The Impact on Relationships and/or the Family System

- Partner/Spouse/Loved One
- Parent/Child Relationship
- Siblings
- Extended Family



Kimberly and Anthony's Story

One Couple's Journey:

[STEP Program Video Series - Kim & Anthony's Story](#)

A green, rectangular sign with rounded corners and a white border, tilted upwards. The word "Support" is written in large, white, sans-serif capital letters. The sign is mounted on a metal pole. The background is a bright blue sky with scattered white clouds.

Support

Organizations for Caregivers & Cancer Patients

Adelphi NY Statewide Breast Cancer Hotline & Support Program

www.adelphi.edu/breast-cancer/

Offers: Professional Counseling, Hotline, Support groups, Educational Programming, Social Work Referrals, Patient & family navigation

Family Caregiver Alliance: www.caregiver.org

Offers: Caregivers Support, Resources, Referrals

City Bar Justice Center: [Cancer Advocacy Project | City Bar Justice Center](http://CancerAdvocacyProject.org)

Offers: Legal Assistance, Educational Resources, Referrals

Caregiver Action Network: www.caregiveraction.org

Offers: Caregiver Hotline, Support Services, Resources, Referrals

Organizations for Caregivers & Cancer Patients (cont.)

Empire Justice Center: [Empire Justice Center | Dedicated New York Nonprofit Law Firm](#)

Offers: Legal Services, Educational Resources, Referrals

Cancer and Careers: [Cancer and Careers | The Top Resource for Working People With Cancer](#)

Offers: Support for Cancer Patients, Legal Services, Referrals, Know Your Rights Programs

SIBS Place: [SIBSPlace - Survivorship in Brothers and Sisters](#)

Offers: Support programs for children who have a sibling diagnosed with cancer.

Camp Good Grief: www.eehcampgoodgrief.org

Offers: East End Hospice's bereavement day camp for grieving children and teenagers.

Organizations for Caregivers & Cancer Patients (cont.)

Experience Camps: www.experiencecamps.org

Offers: No-cost, one-week summer camps for grieving children who have lost a parent, primary caregiver or sibling.

Grief Sucks: www.griefsucks.com

Offers: Resources for teens and adolescents who have lost a loved one.

American Cancer Society: www.cancer.org

Offers: Caregiving resources for cancer patients, loved ones & families.

CancerCare: www.cancercare.org

Offers: Support, counseling, support groups, referrals to caregivers and patients.

Self Care



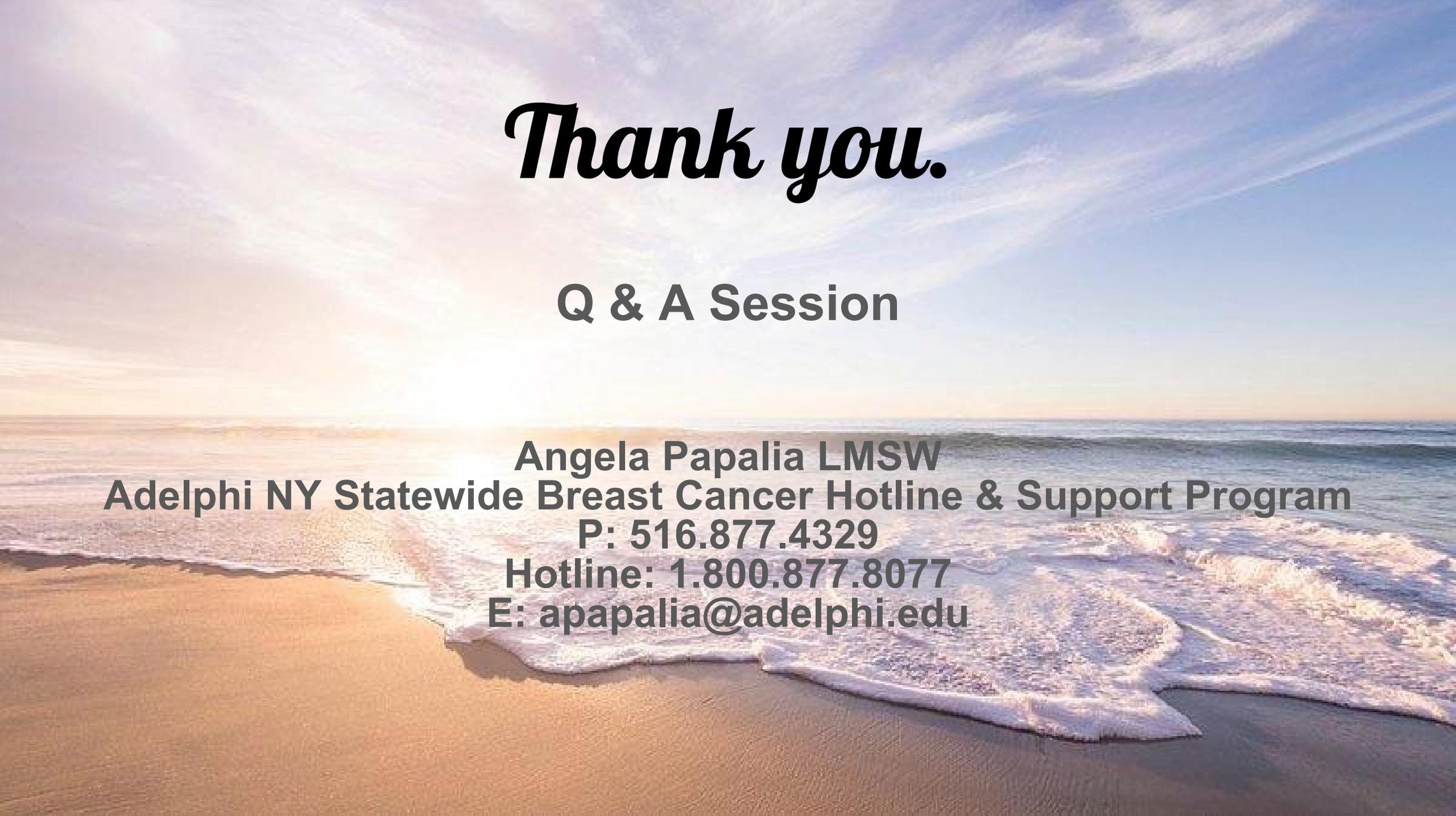
Types of Self-Care for Caregivers

- **Join a support group dedicated to caregivers**
- **Utilize counseling for support**
- **Take a break: utilize others to provide short-term respite care**
- **Use Exercise or physical activity as a healthy outlet**
- **Explore journaling or the creative arts as a means of coping**
- **Utilize meditation, prayer, or mindfulness as a means of support**
- **Plan time or events with friends and loved ones**
- **Get adequate sleep**



Stronger

Together.



Thank you.

Q & A Session

**Angela Papalia LMSW
Adelphi NY Statewide Breast Cancer Hotline & Support Program
P: 516.877.4329
Hotline: 1.800.877.8077
E: apapalia@adelphi.edu**



ADELPHI
NY

STATEWIDE

BREAST CANCER HOTLINE
& SUPPORT PROGRAM

800.877.8077

Post-Meeting Poll

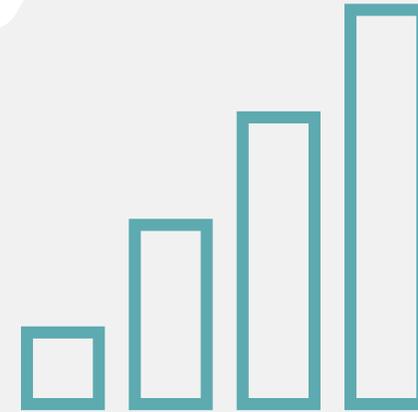
1. Rate your knowledge of *supporting caregivers* now after the webinar.

- Extremely knowledgeable
- Very knowledgeable
- Moderately knowledgeable
- Slightly knowledgeable
- Not at all knowledgeable

2. Will you use what you learned in this webinar in your work?

- Yes
- No
- Unsure

3. What one thing did you find most valuable from this session? (open-ended)



Question & Answer



**Join the Consortium!
and look out for
upcoming meetings**



[Events | New York State Cancer Consortium](#)

Thank you for Attending



cancerconsortium@health.ny.gov

New York State



Cancer Consortium

