



**Tigerlily**  
Foundation  
*Beauty. Strength. Transformation.*

# THE LOVE ISSUE

FEBRUARY 2023

*Welcome to 2023! February is in full swing. We are excited to open the year sharing with our community Tigerlily's theme for 2023 – Hope. In our vision statement, we declare “We envision a future where a breast cancer diagnosis doesn’t inspire fear, but ignites hope for a future.” Our intention is to ignite hope as we continue to support patient advocates and their families by building bridges to resources.*

*Hope starts with each one of us.*

## Calling All DMV Residents! Pajama Glam is back!!



*Pajama*  
**GLAM**  
HEALTH, WELLNESS, BLING & SPARKLE  
Brought to you by **Tigerlily Foundation**

 **Kristen Berset Harris**  
Host of Great Day Washington  
WUSA9

**JOIN US**

March 26, 2023 | 2 PM – 5 PM  
**HYATT REGENCY TYSONS CORNER**  
7901 Tysons One Place, Tysons Corner, VA

**Attire:** Chic & Stylish Red, Pink or Purple Pajamas. **BLING REQUIRED**

**Event and Ticket Information**  
<https://www.tigerlilyfoundation.org/event/>  
[Info@tigerlilyfoundation.org](mailto:Info@tigerlilyfoundation.org)

Tigerlily Foundation presents its Pajama Glam Party, inviting women and girls of all ages to dress in their favorite pajamas and bling while learning about breast health, wellness and prevention. Walk the pink carpet, enjoy sweet treats, music and much more as we glamour it up!

**Buy your tickets today**



## MY LIFE MATTERS CLINICAL TRIALS

A HUGE shout out to ANGEL Advocate Tameka Johnson who is the feature article in this incredible magazine. We would also like to thank ANGEL Advocates Megan, Kathryn, Na'Diah, Keisha, Kimi, Tonya, Daria, Maricia for your contributions.

We had a special graphic created for our beloved Sharon Kidd who continues to be an advocate and strong voice in our community.



We are excited about Tigerlily Foundation and Elephants & Tea's continued collaboration, with this issue focusing on Clinical Trials. In this special double issue of MY LIFE Matters, we highlight the stories and experiences of patients who have been a part of clinical trials and those who are committed to equity and access for all patients, in addition to insights and tips from medical experts. Disparities do exist and have impacted education, awareness, and access to clinical trials; however, together we can

**BE THE CHANGE.**



[Click here to view the full magazine](#)

## MY LIFE IS MY LEGACY

### A Man of The People



Ray is committed to helping communities overcome racial inequities. He has spent his entire life and dedicated his career to working to educate, empower and transform his community. Ray knows firsthand what a broken healthcare system looks like - as he serves the community in which he lives, works, and prays. He knows how important it is to raise his voice to create change for the poor, voiceless and vulnerable. What he's most committed to is helping people through mobile health clinics that offer breast cancer screenings to those who don't have access to health insurance or primary care physicians.

***This is Ray's legacy.***

[Watch Ray's Video here](#)

### A Family's Journey

Families often are overwhelmed when a loved one is diagnosed with cancer. In some families and in some cultures, cancer is often kept private, and families do not discuss health matters, family health history and how they feel about what's happening to the one they love. This has an impact on family health and how families cope through illness. Maimah comes from a Black, African family, and is first-generation American. In her family, many personal matters were not discussed. When Maimah went through her cancer journey she had the full support of family, but talking about CANCER and how people or how she felt, was like the elephant in the room. Through Tigerlily Foundation Maimah is working to change the trajectory cancer has within families and encouraging others to start these important and healing conversations. Listen as Maimah has an honest and heartwarming conversation with her brother for the first time about cancer since she was diagnosed with Triple Negative Breast Cancer 17 years ago.

***This is Maimah's legacy***

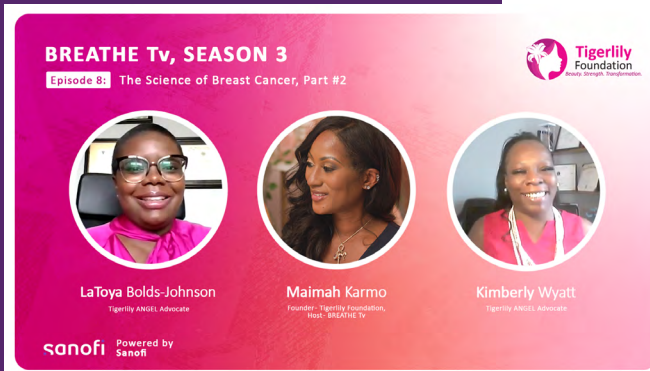


[Watch Maimah's Video here](#)

## Breathe Tv

Maimah sits down with ANGEL Advocates Kimberly Wyatt and LaToya Boldts-Johnson in an intimate conversation about the science of breast cancer and the way it impacts the mind, body, and soul. You will be inspired by how these women have transformed their lives through their breast cancer experience and with faith and hope, and how they are helping those around them.

- **Host: Maimah Karmo** | 16 Year Breast Cancer Thriver
- **Guest: LaToya Boldts-Johnson** | ANGEL Advocate
- **Guest: Kimberly Wyatt** | ANGEL Advocate



### BREATHE Tv Season 3 Episode #8: The Science of Breast Cancer and Integrating Soul (Part 2)

This important episode discusses Metastatic Breast Cancer and Clinical Trials. Our guests Tameka Johnson Tigerlily ANGEL Advocate and Lisa Laudico Founder of Our MBC Life Podcast. Both women are mentors and leaders in the cancer community and have navigated treatment options and clinical trials to not only extend their life but to help those diagnosed after them by being a part of research. Lisa describes her MBC treatment experience as jumping lily pad to lily pad to try to find a clinical trials to extend her life. "It's like you've got to stay on the lily pad long enough so you can jump to the next lily pad."

- **Guest: Tameka Johnson** | ANGEL Advocate
- **Guest: Lisa Laudico** | Patient Advocate & Founder of Our MBC Life Podcast



### BREATHE Tv Season 3 Episode #9: MBC & Clinical Trials

## Special Breathe Tv Listening Series: HER2+ Empower Part 2: Managing Side Effects

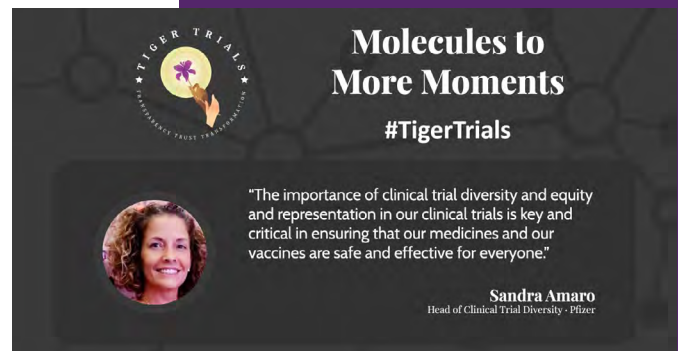


We are excited to launch a special edition series on the HER2+ Empower Listening Summits hosted in partnership with Puma Biotechnology! In this second episode, we explore “Managing Side Effects” with ANGEL Advocates Maricia Cole and Tameka Johnson, as well as Patient Ambassador Amanda Lacy and Oncology Nurse Eric Cohen.

Watch, Listen and Learn

## From Molecules to More Moments

Tigerlily Foundation’s “From Molecules to More Moments” provides a look behind clinical trials, building trust and transparency by helping people see who is behind the trial and the people whose lives clinical trials effect. While there is still fear around trials, clinical trials are really about innovation, revolutionary ways of thinking, dedication and developing therapies – beginning with a molecule – that equate to more moments of life.



Watch, Learn More, and Share



## #InclusionPledge Partner Highlight: Infinite Strength



**What was the original Inclusion Pledge commitment? Has it changed? If so, what has it changed it to?** Infinite Strength pledged to do our part to help end disparities for Black women by offering financial grants to underserved/underrepresented single mothers living with metastatic breast cancer. We provide six months of financial support so our grantees and their families can have a better quality of life. We also offer education programs that tackle various topics on living with MBC and provide these women with opportunities to have access to physicians renowned in their field in oncology, research and psychology through our educational panel discussions offered in person and virtually. We currently support women experiencing disparities in the 17 states along the eastern seaboard of the United States and will continue to advance across the United States so that we may provide our support to women on a national basis.

**What are expected outcomes/deliverables from this commitment?** In 2022 we hosted “Life Support” panel discussions on MBC to help women connect with renowned oncologists, researchers, therapists and social workers. These discussions provided an opportunity to learn more about their disease, treatments available, how to gain access to clinical trials and how to communicate with their children on this disease and its impact on their family life. In 2023 we will be hosting five additional panel discussions as part of this series. We provided over \$125,000.00 in grants (\$1,000.00 per month for six months to each qualified grantee) for basic human needs. We paid rent, mortgage and utility bills so women and their children could have a better quality of life. In 2023 we expect to provide \$250,000 in grants! We offered HOPE Retreats for women and their children to find community, support and a family meal. Many of the women we help do not have their own support system.



These retreats helped them connect with others experiencing the same challenges and offered their children the opportunity to forge friendships with other children who are all dealing with the life changing fact that their mom has a terminal illness. We will continue these programs as well. Our HOPE Retreats were featured in the ABCGlobal Alliance Hard-to-Reach ABC/mBC Communities Toolkit! And finally, in 2022 Congresswoman Rosa DeLauro sent a bill to congress calling for increased access to scalp cooling for all patients. This bill was a direct result of a meeting Infinite Strength had with Congresswoman DeLauro bringing to her attention the need for underrepresented/underserved patients to have access to scalp cooling.

**What collaborators/stakeholders have you involved to meet your goals?** We are so lucky to work with Pfizer, Seagen, Gilead, Lilly and Genentech to bring our programs to life. We continue to work with top oncologists/researchers like Dr. Maryam Lustberg, Dr. Stephanie Graff, Dr. Patricia DeFusco, Dr. Linda Vahdat, Dr. Don Dizon (to name a few) as well as advocates like Shelia Johnson, Julia Maues, Deltra James, Stephanie Walker (also to name a few) and those specializing in the psychosocial impact of cancer like Dr. Nancy Borstelmann. And in 2023 we are excited to have Dr. Eric Winer give a keynote presentation at our gala on the impact of MBC for those with disparities and how our work is so critical to this patient population.


**What is the timeline/status of you achieving your goals?** Our goals are ongoing. We will continue to offer our programs and grants specifically to those who experience disparities, and it is our hope to become national within the next 24 months! Year over year we continue to grow and help more women and children experiencing disparities.

**How has this work impacted the community around you?** We are the only nonprofit in the country with mission of providing six months of financial support to underrepresented single mothers living with MBC! For those we have helped and those who will help in the future, our support is life changing






## 2023 PURE CAT Schedule



Tigerlily Foundation offers a FREE online wellness platform that is open to all!


Pure Cat Initiative is dedicated to healing through movement, meditation, fitness, yoga, prayer, and more!

Weekly Classes	Monthly Classes
 Mondays 4:00 PM, EST Yoga with Valencia	 First Friday of each month 8:00 PM, EST Community Sound Bath with Michaela
 Tuesdays 11AM, EST Simply M The Movement with Ketty	 First Saturday of each month 9:30 PM, EST #AloneTogether Virtual Dance Party with DJ Dimepiece
 Wednesday 9:00 AM, EST Zumba with Joyce	

Content and classes offered by Tigerlily's Pure Cat Initiative are free of charge. To get started, you'll need to activate the free "Tigerlily Pure Cat Membership." Here is your free access link to our classes.






Join our free, online Pure Cat health and wellness classes live or watch the replays anytime. Rejuvenate and strengthen mind, body, and soul from home with Tigerlily's Pure Cat program. Classes are for anyone and are perfect for any skill level. Be kind to your body from the comfort and safety of your own home or office. Interact live with instructors and other participants and help us build our Pure Cat community. We'd love to welcome you to our family!

You can join any Pure Cat classes in real time or by watching recorded past sessions any time you'd like!

### How to register for a Pure Cat class:

1. Click on the link: <https://app.heyMarvelous.com/tigerlily>
2. Log into your Pure Cat account using your email and password (If this is your first time, you will need to create an account.)
3. Click on "Calendar" in the upper lefthand corner
4. Choose the class
5. Register and/or Join class!

### How to access the Pure Cat video library:

1. Click on the link: <https://app.heyMarvelous.com/tigerlily>
2. Log into your Pure Cat account using your email and password (If this is your first time, you will need to create an account.)
3. Click on the Pure Cat logo under "My Products."
4. Scroll down below Pure Cat logo and select "Included Content."
5. All available videos should be viewable from this page. Select the one you wish to view and enjoy!

## Advocacy Win and Opportunity to Serve as a Consumer Reviewer with the Breast Cancer Research Program



We were thrilled to have successfully advocated for the increased investment in NIH and our nation's other research and public health agencies, including the Department of Defense (DOD), for the FY23 Omnibus Spending Bill. Thanks to our collective work to demand investment in research, the Department of Defense (DOD) [Breast Cancer Research Program](#) (BCRP) has been appropriated \$150 million in FY23 for much needed breast cancer research!

We are excited to share that applications to become a [consumer reviewer](#) for the BCRP are now open! Our friends at the BCRP are committed to including diverse patient expert voices in their review process to determine which breast cancer research projects will get funded this year. Consumer Reviewers represent the voice of the individuals affected and are invaluable to the peer review process.

If you are interested in applying to become a consumer reviewer, we encourage you to explore the [CDMRP Website](#) to learn more about the [Breast Cancer Research Program](#). There are inspiring consumer stories and updated research highlights on their website. You can also view the [CDMRP Introductory Overview Video](#) (~11 min) to learn more about the peer review process.

## 2022 SABCS ANGEL Advocate Patient Expert Blogs

Tigerlily ANGEL Advocate Experts and thought leaders attended the 2022 San Antonio Breast Cancer Symposium in-person and virtually to learn about the latest and greatest related to breast cancer. Read their blogs here about what they learned, what ignited hope, what questions they still have, and what they want other advocates, patients, survivors and thrivers to know. Be sure to check back throughout February as we continue to add more blogs from ANGEL Advocates at SABCS!



[Click here to read the blogs](#)



## Can Mindfulness Help Alleviate Cancer-Related Anxiety and Neuropathy?

Our friends at the University of Hawai'i Cancer Center are running a mindfulness meditation mobile app study to see how meditation impacts different areas of well-being in cancer survivors – namely, anxiety and cancer-related neuropathy. They have invited the Tigerlily network to participate and are especially interested in connecting with survivors experiencing neuropathy.

If interested, please scan the QR code or follow the link for either anxiety OR neuropathy survey. If you experience both anxiety and neuropathy, please choose the study you feel is most relevant to you.



**UNIVERSITY OF HAWAII  
CANCER CENTER**

**Mobile Mindfulness  
for Cancer Related Neuropathy**

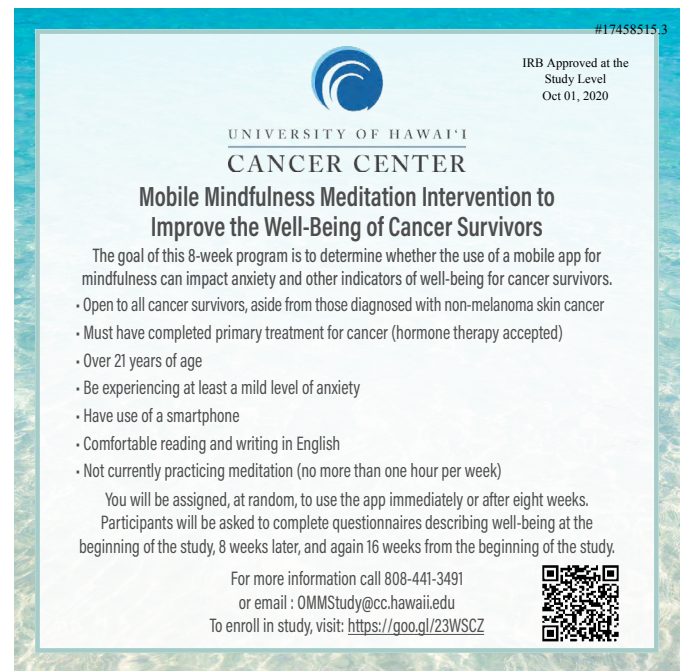
The goal is to determine whether using a mobile app for mindfulness impacts neuropathy and well-being for cancer survivors.

- Open to all cancer survivors, aside from those diagnosed with non-melanoma skin cancer
- Must have completed primary treatment for cancer (hormone therapy accepted)
- Experiencing cancer related neuropathy, per self-report
- Over 21 years of age
- Have access to the internet and own a smartphone
- Not currently practicing meditation regularly

You will be assigned, at random, to use the app immediately or after eight weeks.

To find out more details, please go to the following link:  
[https://uhcc.az1.qualtrics.com/jfe/form/SV\\_40YNkNEQ1672VWI?Q\\_CHL=qr](https://uhcc.az1.qualtrics.com/jfe/form/SV_40YNkNEQ1672VWI?Q_CHL=qr)

For more information call 808-441-3491  
 or email : OMMStudy@cc.hawaii.edu

**UNIVERSITY OF HAWAII  
CANCER CENTER**

**Mobile Mindfulness Meditation Intervention to  
Improve the Well-Being of Cancer Survivors**


The goal of this 8-week program is to determine whether the use of a mobile app for mindfulness can impact anxiety and other indicators of well-being for cancer survivors.

- Open to all cancer survivors, aside from those diagnosed with non-melanoma skin cancer
- Must have completed primary treatment for cancer (hormone therapy accepted)
- Over 21 years of age
- Be experiencing at least a mild level of anxiety
- Have use of a smartphone
- Comfortable reading and writing in English
- Not currently practicing meditation (no more than one hour per week)

You will be assigned, at random, to use the app immediately or after eight weeks.

Participants will be asked to complete questionnaires describing well-being at the beginning of the study, 8 weeks later, and again 16 weeks from the beginning of the study.

For more information call 808-441-3491  
 or email : OMMStudy@cc.hawaii.edu  
 To enroll in study, visit: <https://goo.gl/23WSCZ>



### \*Research - Innovation - Exciting Update

February 03, 2023

U.S. FDA Approves Trodelvy® in Pre-treated HR+/HER2-Metastatic Breast Cancer

[Click HERE](#)

### CPSTF Recommends Patient Navigation Services to Increase Cancer Screening and Advance Health Equity

The Community Preventive Services Task Force (CPSTF) recommends patient navigation services to increase breast, cervical, and colorectal cancer screenings among historically disadvantaged racial and ethnic populations and people with lower incomes. The recommendation is based on a systematic review of 34 studies.

[Read more HERE](#)





**Tigerlily  
Foundation**  
*Beauty. Strength. Transformation.*

**AMGEN**



*Lilly*



**Seagen®**

\*The content contained in this newsletter should not be taken as medical advice. It is provided for informational purposes only. Please consult your healthcare professional for any medical questions.