As a woman-founded and led organization dedicated to women’s health equity, we celebrate women every day. This Women’s HERstory Month, we’re focusing on a topic critical to women’s health: human epidermal growth factor receptor 2 (HER2), a protein that can play a role in breast cancer. Throughout the month, we’ll be sharing educational content about HER2 on our social media channels. Join the conversation, learn more about HER2, and empower yourself and the women in your life.

Cheers to all the women and those who identify as women in our communities. We see you. We honor you. We champion you.

Welcome our newest ANGEL Advocates!

Help us celebrate our new ANGELs!
Cohort 25 has graduated from the ANGEL program, and we welcome them into our fabulous group of ANGEL advocates. This cohort was trained by trainer, Rheila Parker, and we look forward to the great work they will all do in the future.

Want to become an ANGEL? Learn more here!
In February, Tigerlily Foundation partnered with The Pink Fund and attended the Wellness Day event at Renaissance High School in Detroit with our amazing ANGEL Advocate, Daria Ross. The school dedicated an entire segment to breast health and advocacy for young women. We discussed the vital importance of self-exams, screenings, clinical trials, breast cancer terminology, using our voices to advocate for our community and family and the vital resources necessary to tackle the financial toxicity of breast cancer.

These students are ready!
Our next ANGEL training cohort will be facilitated by trainer, Andrea Hans, and will begin Thursday April 4th 8-9:30PM EST and run every Thursday through May 2nd. If you’d like to register for this cohort and begin your journey with us as an ANGEL advocate, complete the application here: Form (hsforms.com)

If you have already completed your ANGEL application and wish to register, email amanda.e@tigerlilyfoundation.org to reserve your spot!

Register for our advanced ANGEL training sessions this month. We’re offering two sessions on Using Social Media in your Advocacy. If you’d like to register, email amanda.e@tigerlilyfoundation.org with your choice of date.

- Thursday, March 14th 8-9:30PM EST with Trainer Maricia Cole
- Wednesday, March 27th 7:15-8:45 PM EST with Trainer Vicki Williams
Save The Date ANGEL Advocates:
Tigerlily’s Inaugural Empower Chat

Join our monthly Empower Chat for a powerful connection with fellow ANGELs!

Held every third Tuesday of the month at 6 pm ET, this chat offers engaging discussions and support for your journey. Connect with special guests from NCI cancer centers and beyond for valuable insights on topics such as talking to children about cancer, navigating advocacy, self-care, survivorship, and Black Family Health History. Mark your calendars and let’s empower each other!

Register for our March 19th Chat

My LIFE Matters
Magazine Perkatory Virtual Event!

Join us on Wednesday, March 27th, as we hear from three amazing authors from our upcoming MY LIFE Matters issue all about EMPOWERED! They will share their impactful stories to the virtual audience, and then YOU will get a chance to ask them questions! Come hang out with a community of Survivors, Thrivers, caregivers and loved ones who GET IT. Join us to feel EMPOWERED!

Register here!
Mark your calendars for Tigerlily’s EmPOWER Ball – October 19, 2024!

Get ready to celebrate with Tigerlily at our annual EmPOWER Ball!

This year, we’re thrilled to announce the event will be held on Saturday, October 19th, 2024 at 6:00 pm at the Waldorf Astoria in Washington, DC!

Join us for an unforgettable evening of empowerment, celebration, and impact.

It’s going to be a night you won’t want to miss!

Stay tuned to our social media and website for ticket sales coming soon. Don’t miss out on this chance to be a part of something special!
Tigerlily Foundation just wrapped up an educational campaign focused on building trust around clinical trials. For us to have medicines that are best for each individual person’s body, people across all communities need to consider clinical trial participation. Trials can change someone’s future for the better, and when we participate, our contribution can be a part of our own living legacy. The campaign, My Living Legacy, was created to empower Black and other BIPOC people to more deeply understand and trust in clinical trials and to consider participating in clinical trials to support the development of new treatments for chronic diseases like breast cancer. Throughout the campaign, we were able to partner with several organizations, including GSK and Women of Color in Pharma, to amplify our message. The campaign was a great success, reaching 171 million+ listeners through a radio PSA, 33 million+ readers through interviews for online news outlets, 5 million+ viewers through television news outlets, 1,600 unique visitors on the campaign website, 286,000+ viewers through patient advocate influencers on social media platforms, and 400+ individuals through direct, active conversations at in-person community events.
Read & Share! Tigerlily Foundation Opinion - Innovative cancer treatments saved my life, we cannot reverse progress now

“At the end of the day, if patients don't have the right medications available for their bodies, they die, affordability or not. We should be able to work towards a solution where the win equates to life.”

– Maimah Karmo, CEO of the Tigerlily Foundation

This month, The AFRO published Tigerlily’s opinion piece, *Innovative cancer treatments saved my life, we cannot reverse progress now*. Authored by Tigerlily Foundation CEO Maimah Karmo, the piece calls on Congress to support policies that promote research and development efforts to combat cancer. The opinion sheds light on how innovation in oncology can save lives only if appropriate policies are in place to enable continued investment in future treatment development.

“We must continue to invest in our communities and invest in the innovation that has saved so many lives and can move the needle on addressing healthcare disparities. It is that commitment to innovation that has enabled us to begin to turn the corner against cancer. Federal lawmakers must advance policies that enable the critical research and development efforts that have changed lives and futures for thousands of breast cancer thrivers like me.”

– Maimah Karmo, CEO of the Tigerlily Foundation

We encourage you to read the opinion and share the piece among your social media networks today. You can also learn more about the Inflation Reduction Act (IRA) and how even as it aims to lower the cost of medicines, particularly for patients dealing with serious illnesses like cancer, despite good intentions, it could end up hindering patient access to crucial treatments.
BREATHE Tv Episode 4

Health Literacy in Navigating a Cancer Diagnosis

In this episode, you'll meet Kathryn Jackson who had to have a crash course in cancer after her diagnosis. She had to learn important terms, cancer treatments, potential side effects, side effect management, and more - especially now that her cancer has returned as Stage IV metastatic breast cancer.

The Covid-19 Pandemic caused significant delays in cancer care. Routine scans were delayed for several months after initial diagnosis and treatments, so when Kathryn was able to get her scans, it showed that cancer had returned. The impacts of the Covid-19 pandemic are far reaching with significant life changing impacts for millions.

While it’s hard to digest complex information, with significant health implications, Kathryn is doing everything she can, asking questions, and working hand in hand with her medical team but not without challenges. Kathryn has experienced delays in treatment when waiting for insurance approvals which also require additional medical follow up, extra documentation, paperwork, and justification from the medical team as to the necessity and urgency of these medications. To satisfy the insurance needs, both patient and provider must shift focus and demonstrate to the insurance companies why these medications are essential for Kathryn’s fight for survival. All this is happening while time is of the essence. We hope you’re empowered by Kathryn’s story.

Watch Kathryn’s Episode here!
BREATHE Tv Episode 5

Diagnosed with Hodgkin’s Lymphoma

Amina was in the best shape of her life, beginning a career as a professional dancer and living the life in New York. Life was exciting, she was setting goals for the future, training intensely, and life had endless possibilities until a Stage IV cancer diagnosis put a pause on everything.

The signs were there that something was happening in Amina’s body, but because she was only 21 years old, she was dismissed by healthcare providers, and found herself spun in circles trying to navigate the medical system and in getting a diagnosis.

Watch Amina as she talks about her pathway to diagnosis with Hodgkin’s lymphoma and how she embraced self-advocacy, became educated and empowered throughout her treatment, determined to get back to the life she had. Today, life is no longer on pause. Amina Battled Cancer Like a Boss and even during treatment her mind was still on dance, choreography and building a career. Now, with renewed life and no evidence of disease, she is living the life of a professional dancer, and as an advocate and spokesperson for the young adult cancer community.
New Pure Cat workshops!

Empowering Intimacy: Introduction to Intimacy, body image and sexual dysfunction

Empowering Intimacy is an advocacy organization working to educate and empower all humans on sexual health, sexual wellness, intimacy issues, and sexual dysfunction issues throughout life and in the face of cancer, illness, or major life changes. They offer partnerships to medical professional companies and patient care organizations in the form of resources, education, virtual presentations, digital and printed materials, and more to better support those working to fully support their patients and participants.

Jen is a Sexual Wellness, Intimacy, & Sexual Dysfunction Expert educator who owns Empowering Intimacy in Fort Wayne, Indiana in the United States. She has worked in the education field for eighteen years, with most of that time focusing on adult sexual education, sexual dysfunction, & intimacy issues, with a special focus on those with cancer & long-term illness.

Learn more and sign up here!
Mindfulness tools- learning how to use a prayer Mala (meditation beads) to cultivate your mindfulness practice.

This short and informative course is intended to help deepen your mindfulness practice (meditation) with the use of a prayer mala, a simple tool to help you keep your focus. Together we will learn the origin of the mala, a meditation tool used for centuries by the ancients and is still used widely today by many different cultures. We will touch on mala etiquette- best practices on how to wear your mala beads, cleanse your mala, and store your mala. Finally, we will learn how to use your mala to enhance your meditation practice.

About your instructor: Shannon Briese teaches Pilates for the Tigerlilly Foundation through the Pure Cat initiative. After many years of practicing meditation, she still considers herself a beginner. She co-founded Malas for Tatas, a non-profit organization that offers a supportive place for folks with breast cancer to cultivate a meditation practice and utilize holistic care through breast cancer treatment and recovery.
Pure Cat is Expanding

Check out our full calendar of regular and special offerings at www.purecat.tigerlilyfoundation.org. We are adding a second monthly Community Soundbath each month. You now have two opportunities to recharge and refocus with Michaela Bekenn each month – the first Friday and the third Wednesday 8PM EST. We have partnered with The Smith Center for Healing and The Arts to co-sponsor more virtual and in person (Washington, DC) classes and support groups. Full details for course offerings and how to register are on the Pure Cat calendar.
Free Nutritional Assistance SMS Texting Service

Pure Cat is proud to announce a new partnership with Savor Health® that will bring free, personalized nutrition assistance to all of you who need it! Read on for details and the link for how to sign up for free today!

Introducing Ina (The Intelligent Nutrition Assistant from Savor Health®)

Ina®’s personalized clinically and contextually appropriate nutrition and symptom management interventions 24/7 “on demand” via SMS text help cancer patients stay on treatment, prevent and manage side effects, and feel strong throughout the cancer journey.

- **Personalized Nutrition Guidance 24/7 at Your Fingertips “On Demand”**
  Whenever you’d like answers to your nutrition questions or on how to prevent or manage symptoms, text Ina® from your cell phone and she’ll respond with personalized nutrition tips, recipes and answers to your questions—no phone calls or appointments necessary.

- **Access to the Knowledge of Oncology Credentialed Medical Experts**
  All of Ina®’s knowledge and advice is based on scientific evidence and the training of oncology credentialed registered dietitians, nurses and doctors who are experts in the needs of cancer patients.

- **Safe, Secure and Free**
  Free, unlimited access 24/7 “on demand” in a solution that is secure and ensures data privacy.

Register for Ina®️
Tigerlily is glad to share research opportunities with our community from our partners and friends committed to diversifying clinical trials and research to ensure we continue to progress toward health equity for all, especially for those historically excluded and not engaged in research like Black folks. For this reason, we are happy to announce our friends at Inova and Howard University Cancer Center got such great responses from our community for their Mind Over Matter (MOM) research program that they have expanded it and opened two new groups! The Mind Over Matter (MOM) research opportunity is an online mental health program for cancer survivors. The next group will be held March 25th – May 6th and the final group will be held April 23rd - June 4th. The study website is a great way to learn more about the study and those interested in participating can request that the study team contact them if they are interested. As a token of appreciation, a $50 Target gift card will be offered for those who complete the pre and post survey and 4 to 5 MOM sessions and an additional $10 Target gift card will be offered for those who participate in the focus group.

RESEARCH OPPORTUNITY
Mind Over Matter
AN ONLINE PROGRAM TO COPE WITH CANCER-RELATED WORRIES

Are you a Black or African American woman diagnosed with cancer?
Would you like to learn strategies to cope with the fears, worries, and sadness that people often experience after cancer?

Location
- Six online meetings via Teams
- Facilitators are social workers with expertise in well-being after cancer

Are you eligible?
- Self-identify as Black or African American woman
- 18 years and older
- Completed cancer treatment (surgery, chemo, radiation)
- Have access to laptop/computer and internet
- English-speaking

More information:
[http://tinyurl.com/MOMFAStudy](http://tinyurl.com/MOMFAStudy)
If interested, please contact
Kelly O’Neil, Clinical Research Coordinator, phone: 571-472-0233
email: mindovermatter@inova.org

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