



The Eclipse Issue

APRIL 2024



Tigerlily
Foundation
Beauty. Strength. Transformation.

Just like during a solar eclipse, where the world dims but the sun remains a powerful force unseen, many patients face challenges to their well-being that may not be readily apparent. This month, as we marvel at the celestial spectacle, let's recommit ourselves to patient advocacy. By shining a light on their needs and ensuring access to proper care, we can empower patients to navigate their health journeys with renewed strength

Celebrate the Heroes! Nominate an Oncology Nurse for May's Month!



Do you know an oncology nurse who goes above and beyond?

This May, for Oncology Nurse Month, we're honoring the incredible nurses who fight alongside patients every step of the way.

Help us recognize these heroes! Nominate a special oncology nurse who inspires you with their compassion, dedication, and unwavering support.

Here's how to nominate:

- » Tell us their name and why they deserve recognition.
- » Share a story (optional) about how they made a difference in your life or the life of someone you know.

Email dinisha@tigerlilyfoundation.org with your nominations!

Join us for an impactful HER2+ #PullUpASeat Webinar!

#PullUpASeat HER2+

📅 April 26, 2024 | 🕒 11:00AM - 12:30PM EST



Cassandra Ducksworth
TLF ANGEL
Breast Cancer Thriver & Advocate



Andrea Hans
TLF ANGEL Trainer
Health Advocate



Cotilya Brown
TLF ANGEL
Breast Cancer Survivor & Advocate



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

Save the date!

Join us for a vital discussion on HER2+ breast cancer at Tigerlily Foundation's #PullUpASeat webinar!

📅 **APRIL 26, 2024** 🕒 **11:00 AM**

Don't miss out on the chance to hear inspiring stories from thrivers and ANGEL Advocates as they share their journeys and gain valuable insights with experts in the field. Let's come together to learn, support, and empower one another in the fight against breast cancer. Reserve your spot today!

[Register for free here!](#)

The Unstoppable ANGEL Tour is coming to Durham and Philadelphia!

The Women’s Health Awareness (WHA) Community Engagement Program

Saturday, April 13, 2024

Hillside High School
8 AM – 5 PM EDT

Meet our team and local ANGEL Advocates at our booth to learn more about Tigerlily’s educational tools on health literacy, breast health resources, and comprehensive training and access to health services and resources for people of color.

National Institute of Environmental Health Sciences (NIEHS) FREE Conference offerings include health screenings, health education sessions, healthy living sessions and health resources.



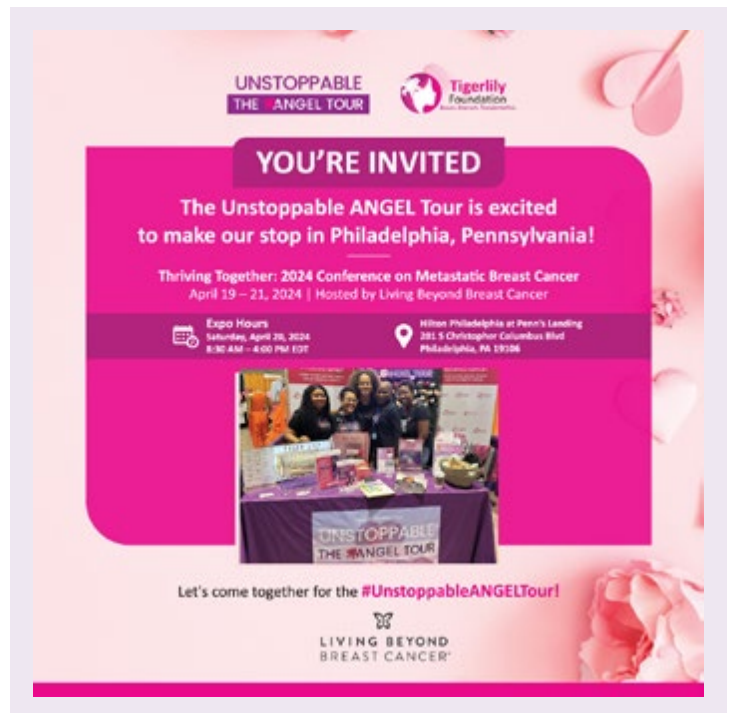
[Learn more here!](#)

Living Beyond Breast Cancer’s Thriving Together 2024 Conference on Metastatic Breast Cancer

Saturday, April 20, 2024 | 8:30 AM – 4:00 PM
EDT Hilton Philadelphia at Penn’s Landing
201 S Christopher Columbus Blvd | Philadelphia, PA 19106

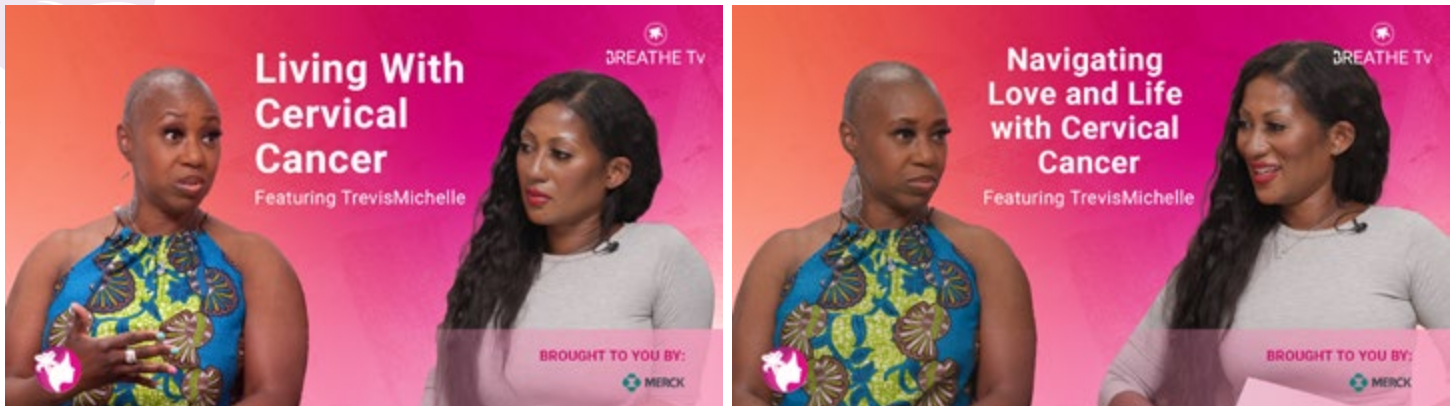
Come meet our team and local ANGEL Advocates at our booth to learn more about Tigerlily’s educational tools on health literacy, metastatic breast cancer resources, and comprehensive training and access to health services and resources for people of color.

[Learn more and register here!](#)



BREATHE Tv: Living with Cervical Cancer – Part 1 and 2

Take charge of your health and watch our educational series featuring cervical cancer warrior, TrevisMichelle!



TrevisMichelle, a bestselling author, coach, speaker, and registered nurse, is on a mission to empower women with knowledge about cervical cancer.

In this inspiring two-part series, you'll learn:

- **The signs and symptoms** of cervical cancer
- **How to understand and act early** on your cervical cancer risk
- **Why regular screenings are crucial**
- **Key takeaways** to protect your health

TrevisMichelle's story of advocacy will inspire you to take charge of your health and navigate the healthcare system with confidence.

Don't miss out! Watch part one and two today!

Host: Maimah Karmo | 17 Year TNBC Breast Cancer Survivor

Guest: TrevisMichelle | Survivor | Patient Advocate | Registered Nurse | Author

[Watch part 1 & 2 here!](#)

April Pure Cat Offerings

**EMPOWERING INTIMACY:
INTRODUCTION TO
INTIMACY, BODY IMAGE
& SEXUAL DYSFUNCTION**

A two part series for breast cancer thrivers and survivors

With Jen Fecher, Empowering Intimacy

Dates:
Session One: Mon Apr 8th 8-9:30PM
Session Two: Mon Apr 22 8-9:30PM

Both sessions recommended, but not required.

MERCK

Deepen your connection and explore intimacy on all levels with a **FREE** virtual workshop!

Empowering Intimacy is hosting a special two-part series designed to help you:

- **Boost Confidence & Self-Care:**
Learn how to overcome intimacy blocks and reconnect with your body.
- **Strengthen Relationships:**
Discover powerful communication techniques to enhance intimacy with your partner.
- **Navigate Treatment Side Effects:**
Explore holistic therapies to address sexual dysfunction caused by treatment.

Session 1 (April 8th, 8-9:30 PM EST):

- Body Image & Self-Care
- Connection & Intimacy Blocks
- Communication for Relationship Success

Session 2 (April 22nd, 8-9:30 PM EST):

- Treatment Side Effects & Sexual Dysfunction
- Self-Discovery & Sexual Function
- Holistic Therapies for Intimacy

This workshop is perfect for you if:

- You're seeking ways to improve intimacy in your relationship.
- You're experiencing challenges with body image or self-care.
- You're interested in learning about holistic approaches to sexual health.

Both sessions are recommended, but not required.

Space is limited, so register today!

[Register here!](#)

Nurture your inner peace and focus with a Prayer Mala!



The flyer features a purple and white color scheme with floral patterns. At the top left is the 'PURE CAT' logo with the tagline 'LET LOVE BE YOUR FREQUENCY'. The main title 'Mindfulness Tools' is in a large, purple, serif font. Below it, the subtitle 'Using a prayer Mala (meditation beads) for mindfulness practice' is in a smaller, black, sans-serif font. A purple rounded rectangle contains the text 'With Shannon Briese'. To the right, the dates and times for two sessions are listed: 'Sat April 13th 10-10:45 AM' and 'Tues April 16th 6:45-7:30PM'. A QR code is positioned below the dates. At the bottom left are the logos for 'MERCK' and 'Tatas'. On the right side, there is a circular inset image of a prayer mala with orange and red beads and a tassel, and another circular inset image of Shannon Briese, a woman with blonde hair wearing a necklace.

PURE CAT
LET LOVE BE YOUR FREQUENCY

Mindfulness Tools

Using a prayer Mala (meditation beads)
for mindfulness practice

With
**Shannon
Briese**

Sat April 13th
10-10:45 AM

Tues April 16th
6:45-7:30PM



MERCK **Tatas**

Join Shannon Briese from Malas for Tatas for a FREE introductory course on using prayer malas (meditation beads) to cultivate your mindfulness practice.

Choose your session:

- Saturday, April 13th: 10:00 - 10:45 AM EST
- Tuesday, April 16th: 6:45 - 7:30 PM EST

In this short and informative class, you will learn:

- The history of malas, a meditation tool used for centuries
- Best practices for wearing, cleansing, and storing your mala
- How to use your mala to enhance your meditation practice

Malas for Tatas offers a beautiful selection of malas, and a portion of the proceeds goes to support breast cancer charities.

Register now for this FREE class and explore our other mindfulness offerings!

[Register for our free classes here!](#)

Pure Cat Monthly Schedule

Virtual Offerings (EST)

- ✦ Mondays 4:00pm Yoga with Valencia
- ✦ Tuesdays 5:30pm Pilates with Shannon
- ✦ Tuesdays, bi-weekly, 8:00pm *Atlas of the Heart* workshop with Natalie
- ✦ Wednesdays 9:00am Zumba with Joyce
- ✦ Thursday 5:30pm *Simply M the Movement* with Ketty
- ✦ 1st Fridays and 3rd Wednesdays 8:00pm Community Sound Bath with Michaela Bekenn
- ✦ 1st Saturdays 9:30pm Dance Party with DJ Dimepiece
- ✦ Ina® The Intelligent Nutrition Assistant from Savor Health® Available 24/7

Let Love Be Your Frequency



Sign up for classes here





@tigerlily_foundation @tigerlilycares @tigerlilyfoundation.org




Sign up here!

Groove with TigerTunes Monthly Playlists

Created by DJ Dimepiece
On Spotify



PURE CAT
LET LOVE BE YOUR FREQUENCY



Do you enjoy our monthly Instagram Live Dance Party with DJ Dimepiece?

Well now you can groove all month long with her because she's putting her party playlists on Spotify for you to access.

Find them [here](#).

April ANGEL Trainings



Have you completed your ANGEL application at www.angel.tigerlilyfoundation.org and are ready to start creating your living legacy through advocacy? Then register for our next ANGEL training cohort beginning

Saturday May 4th 10-11:30 AM EST and running every Saturday through June 1st.

Existing ANGEL Advocates and those who have completed an application are welcome to register for our optional advanced ANGEL training session this month.

We're offering **Self Care**. If you'd like to register, email amanda.e@tigerlilyfoundation.org - remember to indicate which session you'd prefer.

Tues April 9th 8-9:30PM EST with Trainer Maricia Cole
Wed April 17th 6:30-8PM EST with Trainer Vicki Williams

Tigerlily at the NCCN Conference!



Tigerlily Foundation had an enriching weekend filled with connections, learning, and resource sharing at the NCCN Conference in Orlando, FL! Our esteemed ANGEL Advocates, Celline Mitchell, and Terlisa Sheppard, alongside Belinda Paulicin, TLF VP of Mission, passionately shared insights about our ANGEL advocacy program, clinical trials and educational resources, and empowering toolkits aimed at dismantling barriers to equitable healthcare for Black women. Being part of NCCN as an Exhibitor was a privilege, and we're grateful for the opportunity to participate in such an important conference.

Tigerlily Shines at SXSW: Envisioning the Future of Cancer Care!



Tigerlily Foundation was thrilled to be a part of the exciting conversations happening at SXSW last month! We participated in a powerful panel titled [*“Cancer 2034: Innovations That Are Shaping the Face of Cancer.”*](#)

It’s inspiring to see the progress being made – with innovative diagnostics and treatments, the cancer mortality rate has been steadily declining for the past decade. However, there’s still work to do, particularly when it comes to disparities in cancer incidence. Our very own Maimah Karmo joined a dynamic group of experts, including Wendy Short Bartie (Bristol Myers Squibb) and Emily Poe (Real Chemistry), to discuss: Advocacy and equity in cancer care Groundbreaking research and prevention strategies The importance of holistic patient care Together, they envisioned the exciting advancements that will shape the next 10 years of progress in cancer. We joined a powerful podcast discussion titled [*“Cancer 2034: Innovations That Are Shaping the Face of Cancer.”*](#) The conversation buzzed with optimism. Thanks to groundbreaking advancements in diagnosis and treatment, the cancer mortality rate has been steadily declining for a decade.

However, the fight is far from over, particularly with the rising incidence rates in certain populations. The podcast delved into the question: what cutting-edge work is happening today that will revolutionize cancer care and the patient experience in the next ten years? We explored a diverse tapestry of perspectives, from patient advocacy and equity to cutting-edge research, preventative measures, and holistic care approaches.

[Click here to watch the panels!](#)

Tigerlily in the media

Overcoming Barriers to Trial Participation

Tigerlily Foundation is committed to removing barriers to clinical trial enrollment as well as supporting individuals like you along the way. We accomplish these goals through the following initiatives.



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My Living Legacy Campaign

In our relentless pursuit to dismantle healthcare barriers, Tigerlily Foundation has embarked on a mission to create a trusted, safe, empowering, and supportive community for individuals like Megan through the campaign called My Living Legacy. This

Conquer Magazine: A Journey of Hope: The Impact of Clinical Trials

Tigerlily's Founder, Maimah Karmo, and Conquer advisory board member featured in an informative article in Conquer Magazine about the importance of participating in clinical trials as well as the important programs Tigerlily has to educate those on clinical trials and the importance of Black and Brown representation.

[Read the full article here](#)

Partner Corner

Take The Light Collectives' Survey!

The Light Collective is a patient-led non-profit with the mission of advancing the rights, interests, and voices of patient communities in health technology. We are working with patient advocacy organizations to conduct a study to explore how people use online technologies to manage their health challenges.

We invite you to participate in a 10-15 minute online survey focused on your use of online technologies and your thoughts on issues like privacy and policy. You have the right to skip any question and to stop participation at any time.

You must be 18 years or older to participate in this survey. You also must consider yourself a patient (person with a health challenge or challenges), a caregiver, and/or an advocate of someone with a health challenge(s). Your participation in this study is voluntary. If you choose not to participate or to withdraw from the study at any time, there will be no penalty.

Your responses to the survey will help us to identify ways we can be more effective in our work to advance the rights of people who use online technologies such as support groups, apps, and health portals to help manage their health challenges. There are no foreseeable risks or discomforts associated with your participation.

The results of this study will be used in reports, presentations, and/or publications but your name will not be collected or used. We will ensure that the results of the study are shared with the advocacy organizations that are participating in this project as well as on The Light Collective website (lightcollective.org).

This study has been reviewed by an Institutional Review Board (IRB), a group of people including scientists and community members that reviews human research studies. The IRB can help you if you have questions about your rights as a research participant or if you have other questions, concerns, or complaints about this research study. You may contact the IRB at 410- 955-3193 or jhsph.irboffice@jhu.edu.

If you have specific questions about this study, you may contact the study team: Co-Investigator Jill Holdren at jill@lightcollective.org or Principal Investigator Dr. Maya Cummings at mcummi21@jhu.edu. Thank you for helping our patient-led coalitions understand how patient communities use online technologies to manage their health condition(s).

Share your thoughts!

Our organization is working with The Light Collective, a patient-led non-profit, to explore how patient communities use health technologies to manage health challenges.

We invite members of our community who are 18 years or older and consider themselves to be a patient (person with health challenges), a caregiver, and/or an advocate of a person with health challenges (past or present) to participate in a 10-15 minute survey on these issues.

This study is being carried out in collaboration with Dr. Maya Rockey Moore Cummings at Johns Hopkins University with the support of the Robert Wood Johnson Foundation. If you have questions about the study, please contact Co-Investigator Jill Holdren (jill@lightcollective.org). If you are interested in participating, please click on the QR code and carefully read the consent page before clicking "Continue" to begin the survey.

THE LIGHT COLLECTIVE lightcollective.org



The Joining FORCEs Conference is Coming to Philadelphia



FORCE (Facing Our Risk of Cancer Empowered) is hosting its 14th annual Joining FORCEs Against Hereditary Cancer® Conference in Philadelphia on June 13-15. This will be the largest international gathering designed to empower individuals and families facing hereditary cancer. Whether you are a survivor, previvor, caregiver or healthcare provider, Joining FORCEs is an opportunity to learn about the latest hereditary cancer information and research, while connecting with others sharing similar experiences. With dozens of sessions to choose from and networking opportunities to participate in, attendees are guaranteed to gain new knowledge and friendships.

Registration and more information can be found at

<https://www.facingourrisk.org/conference>.

Help Close the Diversity Gap in Breast Cancer Research

Susan G. Komen is thrilled to share with you an exciting opportunity to make a tangible impact in the fight against breast cancer: [ShareForCures®](#).

ShareForCures isn't just another research registry—it's a community-driven initiative aimed at speeding up breakthroughs in breast cancer research. Through ShareForCures, we'll connect different types of health data from people in the ShareForCures community to create one of the most valuable tools available to advance the goal of finding cures for breast cancer.



Researchers need data to do their work. The more data we can collect from more people who have or have had breast cancer, the more useful the data become. Our goal is to create **a diverse and all-inclusive registry that represents all people who have or had breast cancer**, and thus, support research that benefits all people.

We believe that by harnessing the collective information of people like you, we can create better outcomes for everyone.

Komen invites you to [participate in ShareForCures](#) and make a difference in the lives of countless individuals affected by breast cancer, both now and in the future.

You can join ShareForCures if you:

- » Are 18 years or older*
- » Live in the United States (including U.S. territories)

Have been diagnosed with breast cancer.

**Individuals in Alabama and Nebraska must be over 19 and individuals in Mississippi and Pennsylvania must be over 21 to participate.*

[Join ShareForCures Today](#)





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