

THE SYNERGY ISSUE

JULY 2025



**Tigerlily
Foundation**

Beauty • Strength • Transformation

See you in Washington, D.C., on July 31st!

Tigerlily Foundation
Breast Care for Washington DC
Whitman-Walker

Your Choice: Community Dialogues about Clinical Trials

Mary W. Wetherall, RN, MSN, HN-BC
Breast Care for Washington Moderator

Wanda Gardiner
Tigerlily ANGEL Advocate

Dale McElveen
Tigerlily ANGEL Advocate

Regina M. Hampton, MD, FACS
Board Certified, Surgery-Breast Specialist
Chair-Board of Directors and Co-founder,
Breast Care for Washington
Chief of Breast Surgery, Luminis
Health-Doctors Community Medical Center

Sara Horton, MD
Board-certified Medical Oncologist
Lead for Strategic Clinical Trial Access
and Partnerships, Quantum Leap
Healthcare Collaborative

Thursday, July 31, 2025 | 5:30 - 7:30 PM
Whitman-Walker - Max Robinson Center
1201 Sycamore Dr., SE, 5th Floor, Washington, D.C. 20032

Roche
Genentech
A Member of the Roche Group

Tigerlily Foundation
Breast Care for Washington DC
Whitman-Walker

**Register for our event and
be entered into a raffle!**
We have 3 Hope Boxes as prizes -
and you could win 1 at the event!

Don't miss your chance to receive a box filled with love, wellness, and inspiration.

Education | Empowerment | Sisterhood

Double giveaway!
We're leveling up our giveaways with something special from our Founder & CEO, Maimah Karmo's activewear line, **SlimThick Clothing!**
2 lucky winners will receive:

- A Love Me Butter Bodysuit
- A Love Me Butter Set

Winners get to choose their color from available options!
The lucky winners will be contacted before the event for their details!

You're Invited! Join Tigerlily Foundation, Breast Care for Washington and Whitman-Walker on **Thursday, July 31 from 5:30–7:30 PM** at the Whitman-Walker Max Robinson Center for *Your Choice: Community Dialogues about Clinical Trials*.

This evening will feature an *Empowerment Panel: The Power of Choice*, where breast cancer patients, caregivers, and experts come together for honest conversations about clinical trials, biomarkers and genetic testing, and understanding HER2 status.

📍 1201 Sycamore Dr. SE, Washington, D.C. 20032

This event is more than a conversation — it's a space to **connect, learn, and grow** together. We'll explore clinical trials, genetic and biomarker testing, and HER2 status in a supportive environment built on **healing, sisterhood, and shared strength**.

- Guided meditation
- Light refreshments
- Real talk with real experts

Register for free today!

Tigerlily is coming back to Los Angeles on August 16th!

Your Choice:
Community Dialogues about Clinical Trials

Join us for a lunch & learn event!

Enjoy complimentary light refreshments and wellness activities such as yoga, eyebrow shaping, and soaking bath salt station.

Saturday, August 16, 2025
12:00 - 2:30 PM

Tower Cancer Research Foundation, 8767 Wilshire Blvd Ste 401, Beverly Hills, CA 90211

Education | Empowerment | Community

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Education | Empowerment | Sisterhood

Tigerlily Foundation, Cancer Support Community Los Angeles, and Tower Cancer Research Foundation invite you to an empowering **“Lunch & Learn”** event in Beverly Hills, CA that brings wellness, education, and community together in one powerful experience.

Saturday, August 16 · 12 - 2:30pm PDT

Tower Cancer Research Foundation

📍 8767 Wilshire Boulevard #401 Beverly Hills, CA 90211 United States

This event is more than a discussion—it's a safe, supportive space for **breast cancer patients, caregivers, healthcare professionals, and curious minds** to connect, learn, and share.

Enjoy complimentary self-care stations including:

- Yoga & guided movement
- Eyebrow shaping
- Soaking bath salt making
- Light refreshments and calming conversation

Register for free today!

Thank you for joining us in Washington, D.C. and Los Angeles for our first CHOICE events!



Our recent CHOICE events in **Washington, DC** and **Los Angeles** were nothing short of extraordinary!

In DC, the room was so engaged our audience became a part of the panel – and jumped in asking questions, shifting us into a beautiful interactive conversation. Attendees were energized by honest dialogue, beautifully curated resources, and powerful community connections. Some asked for events like this every month!

Meanwhile in LA, our ANGEL Advocates hosted an equally inspiring gathering that left participants feeling informed, seen, and supported.

From thoughtful setups to impactful panels, these events reflected the very heart of CHOICE: *community, health equity, and conversation that drives change*. We're proud of what we accomplished — and even more excited for what's next.

We can't wait to see you again in Washington on July 31st and Los Angeles on August 16th!

Stay tuned for more information!

Join Us for a Powerful Pull Up A Seat Conversation

Friday, July 25 | 12:00–1:30 PM ET



Pull Up A Seat

Navigating Policy Shifts and Staying True to Your Mission

Moderator



Daria Ross
TLF ANGEL Advocate, Patient & Community Impact Advocate



Lizzie Wittig
Caregiver and Director, HEAL Policy Center of Excellence & National Programs, Tigerlily Foundation



Keisha Stephney
TLF ANGEL Advocate, Founder, Peach'd Pink Project



Lashelle Scott
MPM
TLF ANGEL Advocate, Breast Cancer Policy and Lobbyist



Erin Price
LICSW, OSW-C
Young Adult & Psychosocial Support Programs Director Smith Center for Healing and the Arts



Michelle Anderson-Benjamin, MHA
TLF ANGEL Advocate, CEO of The Fearless Warrior Project, LLC

Panelists

Friday, July 25, 2025 | 12 PM - 1:30 PM ET



How do we stay grounded and mission-focused as healthcare policies shift? Join moderator ANGEL Advocate, **Daria Ross** and a panel of advocates, nonprofit leaders, and mental health experts as we explore practical ways to adapt, protect our wellbeing, and lead with purpose.

- Learn how policy changes affect your community
- Get tools to support your mental wellness
- Stay rooted in advocacy that drives impact

Register now and be part of this empowering dialogue!

Become an ANGEL Advocate Today!

Join Mrs. Vickie
for the upcoming training cohorts
on Wednesday evenings:



June 11 – July 9

July 23 – August 20

September 3 – October 1

October 15 – November 12

November 26 – December 24

**Vickie R.
Williams
Cullins**

Trainer



TIGERLILY
ANGEL
ADVOCACY PROGRAM

Email: clara@tigerlilyfoundation.org to register

Ready to turn your passion into purpose?

Join Mrs. Vickie R. Williams Cullins and become an ANGEL Advocate!

Join our community of ANGELs for support, education, and inspiration. Whether you're a patient, caregiver, or ally, Tigerlily's free ANGEL Advocacy Program will equip you with the tools to make informed decisions, advocate for yourself and others, and build lasting connections.

Our next training starts on July 23rd, with new cohorts offered throughout the year—so you can choose a session that fits your schedule.

Wednesday evenings

Email clara@tigerlilyfoundation.org to register!

[Click here to learn more!](#)



Exciting News!

Tigerlily Foundation’s article, *‘Advocate Now to Grow, Empower and Lead (ANGEL): A Patient Advocacy Training Model to Address Breast Cancer Disparities Among Black Women,’* has been published in the Springer Journal of Cancer Education! This groundbreaking study highlights the impact of Tigerlily’s ANGEL program, which trained Black women in high-disparity regions, resulting in a **25% increase in breast cancer knowledge**, a **20% rise in screening awareness**, and a **24% boost in self-advocacy** during medical encounters. The program empowered advocates to lead community outreach, bridging gaps in care and research.

[Read the full article here](#)

HEAL Policy Center of Excellence



Thank you to our 2025 Virtual Young Women’s Health Day on the Hill participants! These lead advocates met with congressional leaders virtually to share their personal stories, discuss the [EPIC Act](#) and the [ORPHAN Cures Act](#) and to ask Congress to support both bills to end the pill penalty and disincentives for continued research in rare disease drug development.

In May & June we engaged 23 advocates for YWBHD which resulted in a whopping 95 congressional meetings and follow up communications (re. ORPHAN Cures)! ORPHAN Cures was signed into law on Friday, July 4th and the EPIC Act has gained 5 new cosponsors since these meetings. The YWBHD webinar in July had 62 registrants and 41 attendees which resulted in 23 congressional letters being sent during and immediately following the webinar!

UPDATE: ORPHAN Cures was signed into law on July 4th!

This is an incredible testament to the power of patient advocates and public policy advocacy work—thank you to all who engaged in these efforts!



But our work is not done! Consider engaging in our work to end the Pill Penalty by passing the EPIC Act and in protecting funding for cancer research through the NIH.

Send a letter to your representatives to support the EPIC Act [HERE](#).

Send a letter to your representatives to protect NIH funding for cancer research [HERE](#).

In Case You Missed It: 2025 Virtual YWHDH

Tigerlily Foundation | **HEAL POLICY CENTER OF EXCELLENCE** | **#CuresCantWait**

2025 VIRTUAL YOUNG WOMEN'S HEALTH DAY ON THE HILL
JULY 9, 2025 | 12:00 PM ET

FEATURING SPEAKERS

- ANGELIQUE RICHARDSON**
MD, PhD, MEDICAL ONCOLOGIST & ASSOCIATE PROFESSOR OF MEDICINE, UC SAN DIEGO HEALTH
- SANDRA DUNN**
PHD, FOUNDER & CEO, PHOENIX MOLECULAR DESIGNS
- TIANA RUSSELL**
MBC THRIEVER & TIGERLILY ANGEL ADVOCATE
- T'ANA JOHNSON**
DR, MBC THRIEVER AND TIGERLILY ANGEL ADVOCATE

END THE PILL PENALTY | UNLOCK RARE CURES
@TIGERLILYCARES @YWHD #HEALPolicy4Change

MERCK | **PARMA** | **AMGEN** | **Pfizer** | **Genentech**

Tigerlily held our 2025 Virtual Young Women’s Health Day on the Hill Series Webinar on July 9th where patient experts and Tigerlily ANGEL Advocates T’Ana Johnson and Tiana Russel shared about the patient perspective on the importance of continued research and access to oral chemotherapy and the fix the [EPIC Act](#) provides to the unintended consequences the [Inflation Reduction Act’s](#) (IRA) provisions create for this important type of treatment. T’Ana and Tiana were joined by medical oncologist and breast cancer disparities researcher Angelique Richardson, MD, PhD and researcher and Founder of Phoenix Molecular Designs Sandra Dunn, PhD to share the provider and researcher perspectives on these issues.

[Watch the full recording here](#)

[Check out our EPIC Act Advocacy Toolkit here](#)

ANGEL Advocate, Tonya Hicks Works to Further Biomarker Testing Access in North Carolina



Be sure to check out ANGEL Advocate Tonya Hicks and her powerful opinion piece in *The Daily Reflector*, where she called on North Carolina lawmakers to pass House Bill 567—legislation that would expand access to life-saving biomarker testing. Sharing her family’s journey with breast cancer, Tonya underscored how biomarker testing played a critical role in her own battle against a hard-to-treat diagnosis.

Her advocacy is a testament to the importance of this bill and the difference it could make for countless North Carolinians. Be sure to read her inspiring piece [HERE!](#)

Thank you, Tonya, for raising your voice and fighting for better health care access in your state!

Do you live in North Carolina and want to support these policy efforts to expand access to biomarker testing? It's easy! [CLICK HERE](#) to send a letter to your representative today.

Tigerlily at Essence Fest!



Tigerlily Foundation was thrilled to be represented by our Program Coordinator, Marita Coker, at the 2025 Essence Women in Harmony Luncheon during Essence Fest in collaboration with the National Urban League. Surrounded by passionate students, emerging leaders, and trailblazing women's rights advocates, it was a powerful moment of connection, purpose, and joy.

Our activation created space for real conversations about advocacy, health equity, and sisterhood. Marita engaged with women whose stories and energy reaffirmed the urgency of our mission and the impact of showing up with intention.

Tigerlily's presence wasn't just seen—it was felt. We engaged in personal stories, answered thoughtful questions, and felt the strength of a community ready to drive change. This weekend reminded us that when women unite in power and purpose, the possibilities are endless.





Help Improve Cancer Care in Florida

We're looking for patients with metastatic breast cancer to share their treatment experiences.

Terlisa Sheppard

ANGEL Advocate | 23 Year Florida MBC Thriver

Who Can Participate?

- ✔ Adults 18 years or older.
- ✔ Diagnosed with metastatic breast cancer (mBC) within the last 12 months.
- ✔ English or Spanish language proficiency.
- ✔ Reside in Florida

Why Participate?

- ✔ Share your experience to help improve cancer care for others.
- ✔ Your input will help shape future support strategies for patients.
- ✔ Participants will be compensated for their time and efforts.



Interested? Please [click the link](#) or scan the QR Code with your phone to access a brief survey. A research team member from Tigerlily will be in touch to let you know if you are eligible. If you have questions please email our study coordinator krista@tigerlilyfoundation.org.



Make This Momentum Matter Donate to Tigerlily Today

In July, we ignited powerful change — from heartfelt CHOICE events in DC and LA, to national policy wins, groundbreaking research recognition, and deep community connection. We showed up with purpose, created space for healing, and empowered voices to rise.

But this is only the beginning.

Your gift fuels our mission to educate, advocate, and uplift communities impacted by breast cancer — especially those most often left behind. With your support, we can continue driving policy change, training ANGEL Advocates, expanding access to care, and holding space for conversations that heal and empower.

Keep the momentum going. [Donate today](#) — and be the spark that drives lasting change.

Partner corner

Ongoing Support with Ina[®]: 24/7 Nutrition & Symptom Guidance by Text The Intelligent Nutrition Assistant from Savor Health[®]

**INTRODUCING INA[®]
THE INTELLIGENT NUTRITION
ASSISTANT FROM SAVOR HEALTH[®]**

- Personalized 24/7 Nutrition Guidance at Your Fingertips
- The Knowledge of Experienced Cancer Professionals
- Safe, Secure and Free

PURE CAT
LET LOVE BE YOUR FREQUENCY

ina

I need help managing nausea.

Try to consume small, frequent meals (5–6/day) instead of 3 large meals. Small meals are better tolerated if you feel nauseous.

Can you recommend some healthy snacks?

Some healthy snack ideas include cottage cheese or yogurt with fruit, nuts, trail mix, or cheese with crackers.

Can I have a recipe for chicken soup?

Here is a delicious and comforting homemade chicken soup recipe.

Savor health

MERCK

Through our partnership with Savor Health, Tigerlily Foundation offers access to Ina[®], a text-based tool that delivers personalized, evidence-based nutrition and symptom management support for cancer patients — anytime you need it.

Here's what Ina[®] can help you with:



- 24/7 answers to nutrition and symptom questions via SMS text
- Tailored tips, recipes, and expert guidance — no appointments needed
- Advice from oncology-credentialed dietitians, nurses, and doctors
- Free, secure, and private access whenever you need support Feeling strong throughout your cancer journey starts with informed, timely support — and Ina[®] is always just a text away.



Try Ina Today!

ShareForCures Alliance!

ShareForCures[®]
Powered by Susan G. Komen

Tigerlily Foundation
Beauty. Strength. Transformation.

You can help discover cures to breast cancer, faster.

Exciting News! Tigerlily has joined the ShareForCures Alliance, supporting a fully inclusive breast cancer registry for those who have, or had breast cancer. This registry aims to accelerate the search for cures for breast cancer by enhancing diversity and representation in research. By participating in the ShareForCures Alliance, we are striving to increase awareness and enrollment for the ShareForCures registry, ensuring that everyone is represented in breast cancer research and the search to find cures.



Join us in supporting this vital cause



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