



# THE HOLIDAY ISSUE

DECEMBER 2025



As the year comes to a close, we want to pause and say thank you.

To our advocates, partners, supporters, and community—your passion, resilience, and commitment continue to inspire everything we do at Tigerlily. This year has been filled with meaningful conversations, collective action, and moments that reminded us of the power of showing up for one another.

As we enter the holiday season, we hope you find time to rest, reflect, and reconnect with what brings you peace and joy. We are deeply grateful for your trust and support, and we look forward to continuing this work together in the year ahead.

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**From all of us at Tigerlily Foundation, Happy Holidays and warm wishes for a bright New Year.**



## Thank you to everyone who joined us for the launch of our Bliss Collective!



Thank you to everyone who showed up, shared space, and poured into this community for Tigerlily's first Bliss Collective Brunch, highlighting the importance of having a culture of health and building awareness about breast cancer diagnosis, education, awareness, empowerment and support.

Swipe through for some of our favorite moments — including powerful patient stories, and meaningful conversations on genetic testing, clinical trials, triple negative breast cancer, survivorship, mental health, wellness and more- and feel the beautiful energy that made this gathering unforgettable. Here's to choosing Bliss together. Stay tuned for more Bliss Brunch Collective news in 2026!

A very special thank you to our valued partner Bristol Myers Squibb for supporting the Bliss Collective



Keep an eye on our events page for future Bliss Collective events!

## ANGEL Advocacy Program

### Celebrating Our ANGEL Advocates: A Powerful Year of Growth and Impact



This year has been nothing short of extraordinary for Tigerlily's ANGEL Advocacy Program. In 2025, we proudly graduated **75 ANGEL Advocates**—each one bringing passion, lived experience, and a deep commitment to advancing health equity and patient advocacy. Guided by our incredible trainer, **Mrs. Vickie**, this cohort journeyed through months of learning, storytelling, and community building. Together, they strengthened their voices, sharpened their advocacy skills, and stepped into their roles as change-makers—ready to educate, empower, and uplift others in their communities. Our ANGELs showed up with courage and purpose. They spoke truth to power, shared their stories with confidence, and leaned into the responsibility of advocating for patients who may not yet have the strength or access to do so themselves. We are deeply grateful for each advocate who committed their time, heart, and energy to this program!

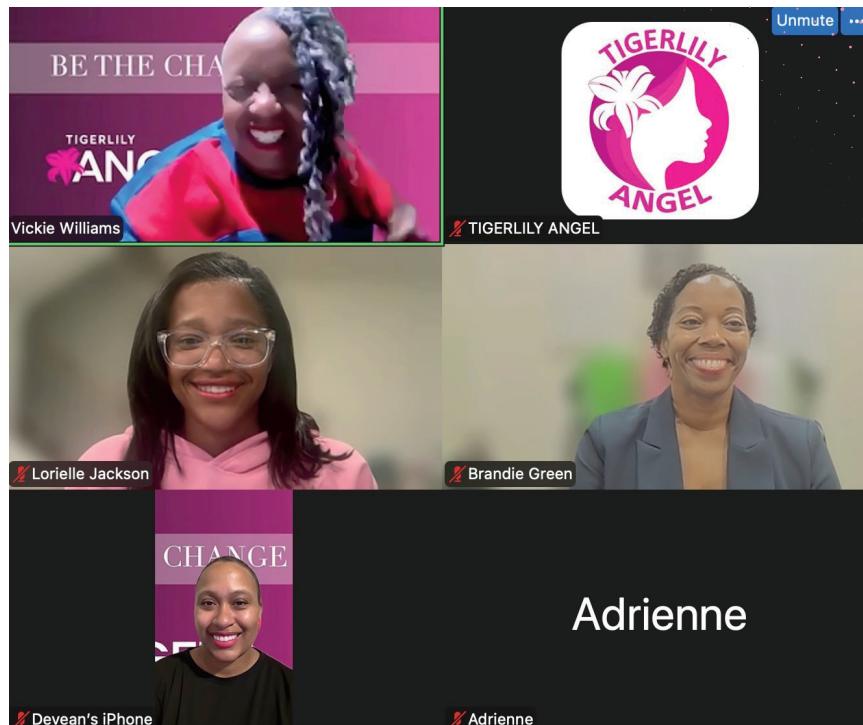
[Take a look at all our ANGELs!](#)

*We're ready to continue this impact in 2026. If you'd like to join our group of amazing advocates, learn more today!*

[Sign up today!](#)

## Congratulations to Our Newest Graduates!

Tigerlily Foundation is proud to celebrate our newest graduates of Cohort 42 of the ANGEL Advocacy Training Program! Trained by the incredible Mrs. Vickie, these incredible women have completed their training and are now equipped to use their voices, stories, and passion to drive change, influence policy, and advocate for health equity in their communities. We are so inspired by your courage and commitment — welcome to the growing sisterhood of ANGEL Advocates, lighting the way for others and transforming the future of cancer care.



## Testaments from our ANGELs





**Havyne Cooper**  
TLF ANGEL Advocate



At 33 years old, Havyne Cooper was diagnosed with stage 4 HER 2+ invasive ductal carcinoma of the left breast after feeling a lump while in the shower. Initially dismissed by her doctor, Havyne advocated for herself and saved her life. Now she uses her platform to spread awareness, advocacy, and the power of positivity. She has been featured on the Jennifer Hudson show, Let's Make a Deal, her local news channels and through her hospital's newsletter to share her story and spread the importance of advocating for yourself.

She is honored to be a Tigerlily advocate and a resource for her community!





**Melishia Branch, LPN**  
TLF ANGEL Advocate,  
Breast Cancer Previvor

“

“At 19, I found my first breast lump, and by 31, I learned my family's deep history on my father's side of breast cancer—and the loss of several siblings in their 30's. After years of screenings, biopsies, learning my risk of developing breast cancer was at 60%, and the ongoing emotional uncertainty, I made the courageous decision to undergo a double mastectomy in 2023, becoming a proud Previvor. I chose to become an ANGEL Advocate to turn my pain into purpose—using my journey to educate, empower, and encourage women to be proactive about their health.

Through Tigerlily's training, I've gained the confidence and tools to raise awareness, amplify my voice, and remind others that faith and early action can save lives.”

## Honoring Our ANGEL Advocates



**Regina Barnes**



**Nathalie Delpeche**



**Ravan Patrick**

This year, our Tigerlily community has felt the deep loss of cherished advocates whose voices, courage, and compassion shaped our work and touched countless lives. These women were more than advocates — they were leaders, teachers, storytellers, and sources of strength for others walking difficult paths.

Each of them showed us what it means to turn lived experience into purpose, to speak truth with grace, and to stand boldly for health equity, access, and dignity for all. Their impact lives on in the conversations they sparked, the lives they supported, and the change they helped create within our community and beyond.

We hold their families, loved ones, and fellow advocates close in our hearts. As we move forward, we carry their legacy with us — honoring their memory by continuing the work they cared so deeply about and ensuring their voices are never forgotten.

**We will always remember them for the light they brought, the love they shared, and the lasting mark they left on Tigerlily.**

## New My LIFE Magazine and Perkatory coming soon!



**MY LIFE**  
Metastatic Young, Living in Focus, Empowered

MY LIFE stands for Metastatic Young, Living In Focus, Empowered and is dedicated to young patients, under the age of 45, living with metastatic breast and other cancers.

This powerful program includes:

- **MY LIFE MATTERS Magazine**
- **MY LIFE Matters Perkatory event series**
- **MY LIFE is My Legacy video series**

*\*In addition to providing tools, resources, guidebooks, and support for our cancer community*






**MY LIFE MATTERS**  
IN THIS ISSUE  
POLITICS AND POLICY MATTERS

FEATURING  
Erica Fae  
FROM POLICY TO PURPOSE  
MY STORY IS JUST BEGINNING

Scan to connect with a community of support.  
You are not alone in your cancer experience.

Politics and Policy  
MY LIFE Matters  
Magazine Launching  
Winter 2025

**MY LIFE** stands for **Metastatic Young, Living In Focus, Empowered**. It is dedicated to supporting young patients—diagnosed with metastatic breast cancer or other cancers under the age of 45—who are navigating life, treatment, purpose, and advocacy. This powerful program includes the **MY LIFE MATTERS Magazine**, and the **MY LIFE is My Legacy** video series, along with tools, resources, guidebooks, and ongoing support for our cancer community.

As we enter this time of year, it's the perfect moment to be inspired by one another, to learn through storytelling, and to strengthen our collective advocacy. **MY LIFE** brings us together in purpose, in community, and in action.

We are thrilled to announce that the **Policy and Politics MY LIFE Matters Magazine** will be launching digitally soon—and we couldn't wait to share the magazine cover featuring **ANGEL Advocate Erica Fae**.

This issue is educational, inspirational, eye-opening, and serves as a guidebook through the power of personal stories. Each author shares how policy and politics have shaped their lives, offering lessons learned and practical tips on how you, too, can get involved as an advocate.

**Save the date:**

**Perkatory Event & Official Launch**  
**February 5th**

## Introducing Tigerlily's Peer Navigation Program: EMPOWERHER



### EMPOWERHER

Heart-centered. Empathy-driven. Rooted in Love.

You don't have to face this alone. Our trained Peer Navigators stand beside you, guiding each step with empathy, compassion and understanding.

#### EMPOWERHER SUPPORT

Heart-centered. Empathy-driven. Rooted in Love.

At Tigerlily Foundation, we believe no one should have to navigate cancer alone. That's why we're proud to share our Peer Navigation Program—a heart-centered support system designed to walk alongside patients, caregivers, and families with empathy, cultural humility, and lived experience.

Our trained Peer Navigators provide one-on-one support, helping individuals make sense of their diagnosis, access resources, navigate care, and feel truly seen and heard. Whether someone is newly diagnosed, in treatment, transitioning to survivorship, or facing barriers to care, our navigators meet people where they are—offering guidance, gentle check-ins, and compassionate support at no cost.

This program is about more than navigating systems—it's about community, connection, and ensuring every person has someone walking beside them on their journey.

**More information coming soon in 2026!**

# Help Improve Cancer Care



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 24 months.
- ✓ English or Spanish language proficiency.
- ✓ Reside in Florida, Georgia, Alabama and Mississippi.

[We invite you to the website to learn more and sign up to participate!](#)

If you have questions please email our study coordinator [krista@tigerlilyfoundation.org](mailto:krista@tigerlilyfoundation.org)

### 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.



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

Tigerlily Foundation  
**POWER**  
Center



## We Have Until January 30th to Advocate for Healthcare & Research Funding !

**We need Congress to pass a budget that protects patients.**



Congress has until January 30th to pass the federal budget for 2026. Join us to keep the pressure on! We are calling on Congress to pass a final budget that increases funding for the NIH and CDC, protects Medicaid, and reauthorizes the ACA tax benefits that make healthcare affordable for the communities we serve.

[Read our statement here!](#)

Join us in calling Congress to protect research and cancer programs and create a budget that puts patients first by sending a letter to your Representatives!

[Send your letter today!](#)

You can also help us spread the word on social media!

[Check out our social media toolkit](#)

## In Case You Missed It: Pull Up A Seat!



### PULL UP A SEAT

#### MAKING SENSE OF BIOMARKERS & CLINICAL TRIALS: WHAT YOU NEED TO KNOW

Understanding biomarkers and clinical trials so you can make confident choices in your care.

##### MODERATOR



**Jazmine Lampkin**  
TLF ANGEL  
Advocate

##### PANELISTS



**Kai Pollard**  
TLF ANGEL  
Advocate



**Megan O'Neil**  
TLF ANGEL  
Advocate



**Regina Hampton, MD, FACS**  
Maryland Oncology  
Hematology



**Michael Osborne, MS, CGC**  
Medical Science Liaison,  
Menarini Silicon Biosystems

FRIDAY, NOVEMBER 14, 2025 | 12:00 PM ET – 1:30 PM ET



Tigerlily Foundation hosted a powerful webinar, **“Making Sense of Biomarkers & Clinical Trials: What You Need to Know,”** designed to help patients feel informed and empowered in their care.

This free session explored how biomarkers—specifically circulating tumor cell (CTC) testing—can support more informed treatment decisions. Attendees heard firsthand stories from ANGEL Advocates, gained expert insights, and walked away with practical tools to better advocate for their health.

If you couldn't join us live, it's not too late to catch

## Partner Corner

Our Partners at CURE are hosting an MBC SUMMIT!

**cure<sup>®</sup>** EDUCATED PATIENT<sup>®</sup> METASTATIC BREAST CANCER SUMMIT

**JOIN US VIRTUALLY!**  
**Saturday, December 20, 2025**  
**11 AM ET | 8 AM PT**

**LEARN MORE**

In partnership with:



ANGEL Advocate Tiana Russel and Shontè Drakeford will be part of CURE's Virtual Breast Cancer Summit on Saturday, December 20th, 2025, on the Metastatic Breast Cancer panels.

Saturday, December 20, 2025, 11 AM ET, 8 AM PT

This inspiring event brings together patients, caregivers, clinicians, and advocates to share the latest advancements in metastatic breast cancer care and empower the cancer community through education and connection.

**Register today!**

**Tigerlily Foundation, in partnership with the Association of Cancer Care Centers (ACCC), released a new educational article, “Unlocking the Conversation: Navigating ESR1 Mutation in Metastatic Breast Cancer.”**



**Leonora Teplinsky, MD, FASCO**

Medical Oncologist  
*Valley Mount Sinai Comprehensive Cancer Care*  
Paramus, NJ



**Maimah Karmo**

President/CEO  
*Tigerlily Foundation*

Written by **Maimah Karmo, MBA**, and **Nicole A. Colwell, MD**, the piece focuses on empowering patients and providers through clear communication, collaboration, and deeper understanding of the science behind metastatic breast cancer.

The article is paired with a companion episode of **ACCC's Cancer Buzz podcast**, “Unlocking ESR1 Mutations in Breast Cancer” which launched in November. Together, these resources explore how **ESR1 mutations**—a key driver of treatment resistance in hormone receptor-positive, HER2-negative metastatic breast cancer—can shape care decisions and why ongoing biomarker testing is essential as disease progresses.

Featuring insights from **Eleonora Teplinsky, MD, FASCO**, and Tigerlily's **President & CEO Maimah Karmo**, the podcast emphasizes the importance of repeating molecular testing when needed and using relatable, compassionate communication to help patients understand complex information. The overarching message: **knowledge builds trust, strengthens advocacy, and leads to more informed, equitable care** for people living with metastatic breast cancer.

[Learn more here!](#)

## Breastcancer.org's Metastatic Breast Cancer Hub

# Metastatic Breast Cancer: Resources to *Thrive*



BREASTCANCER.ORG

Tigerlily  
FoundationBrave. Strong. Transformation.

Tigerlily Foundation is proud to partner with Breastcancer.org on the launch of their Metastatic Breast Cancer (MBC) Hub—a vital resource designed to support people living with metastatic disease through credible information, practical tools, and compassionate guidance. This hub brings together trusted education, patient-centered insights, and evolving resources that empower individuals to better understand their diagnosis, navigate treatment decisions, and feel less alone throughout their journey.

We are especially grateful to **ANGEL Advocates Lisa Weems and Juanita Miller**, whose thoughtful advocacy feedback helped shape and strengthen this resource. Their lived experience and insights ensure the hub reflects the real needs of the MBC community and continues to grow in meaningful ways. This hub is a living, evolving tool—and we're honored to help ensure it remains responsive, inclusive, and impactful for those who need it most.

[Explore the Hub here!](#)

## 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



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!

