



ESSENCE



Tigerlily Foundation Media Kit

Mission

Tigerlily is committed to “connecting the dots” and ending isolation among young women affected with breast cancer by educating them about the disease, providing support and empowering them to celebrate their lives every day by harnessing their personal power.

The mission of *Tigerlily* is as follows:

- To educate, empower, advocate for, support and inspire young women affected by breast cancer.
- To end isolation among young adult breast cancer survivors.
- To improve the quality of life for young adult breast cancer survivors by creating vigilant self-advocates.
- To promote ferociously fearless females.

Programs

Chemotherapy Buddy Program

The demands of chemotherapy can be emotionally and physically taxing. Patients and their families often need support. Some patients live alone, and have no family or extended network support. The **Chemotherapy Buddy Program** provides oncology patients with a “buddy” throughout treatment, who can sit with them, assist them afterwards, send cards, etc. The goal is to make sure the patient has companionship, support, and knows that they are cared for. The program also provides maid, grocery and meal delivery services.

At Home

Working with Let’s Dish, a retail meal preparation service, Tigerlily Foundation and friends prepare and deliver meals to women going through breast cancer treatment. Just call us to schedule a teambuilding or fun event, you make the food and it gets delivered to a woman in need. Enter the code F9-Tigerlily at checkout and Let’s Dish will also donate 10% to Tigerlily Foundation.



Tigerlily Funds for Families

Often, families don't anticipate plan for crises such as breast cancer. Even in instances where families have insurance, there are often a multitude of related costs that leave them in a financial bind. There are also instances where a patient has such low income that she has to make a choice between seeking medical attention that could save her life, paying for medication that would make the treatment more bearable or paying bills. When facing a life threatening challenge such as breast cancer, finances should be the least of one's problems. The Funds for Families program gives financial assistance to families based on their need.

Tigerlily Mammogram Program

Early detection and prevention are critical to breast cancer treatment. This program pays for mammograms for women without insurance or with low-income.

Project Gratitude

Fully living one's life in the present, in the face of any challenge requires making gratitude an every day part of life. Sometimes the blessing you seek in the future is waiting to be actualized, once you thank the Universe for the blessings in the present. Gratitude is appreciating and thanking God for what you have in your life right now, and using that energy to create a better future. Project Gratitude is just that...a project that encourages people to be thankful in the now.

Project Liberia

For over 16 years, Liberia has been devastated by civil war. In 2006, the first fair and free election was held in over a decade. Liberia elected the first female President in Africa. The country is now in a state of rehabilitation. Tigerlily endeavors to work with local hospitals, manufacturers and partner organizations to send mammogram and ultrasound machines, videos, literature and resources to hospitals. Eventually, we will set up a breast health facility in Liberia.

Tigerlily's Fearless Females

This program was created to ensure that **post-treatment**, women celebrate their lives every day. After treatment ends, women are often overwhelmed by stress, fatigue and life re-alignment. Often times, after treatment stops, support dwindles, leaving the patient feeling alone. This program offers support, including makeovers, image consulting, pampering, and more.

A Day of Beauty

A Day of Beauty brings pampering and relaxation to women who are undergoing treatment, survivors of breast cancer and "well women". This full day event brings together beauty practitioners, make-up artists, yoga instructors, masseuses, nutritionists, healthcare experts and more, and invites women to a day of "taking care of you". Women get fitted for wigs, get manicures, pedicures, massages, facials, and learn about complementary and alternative methods to improve health. This event is an oasis of healing, creating "wellness" energy and connecting.



Memberships/Affiliations/Advocacy

Maimah Karmo is a member of the *Young Survival Coalition*'s Diversity Outreach Committee and a speaker for *Y-ME*. She supports the *African Women's Cancer Awareness Association (AWCAA)*, the *National Breast Cancer Coalition*, and is on the Lance **Armstrong Foundation (LAF) Young Adult Alliance (YAA)**. She is also writing a **best-seller** about how her breast cancer diagnosis transformed her life. She is an active patient advocate and attends breast cancer, oncology and health conferences to become a more informed advocate for young women affected by breast cancer. She has received numerous awards for community service and activism.

Media Appearances: Ms. Karmo is asked to speak regularly. She has been featured in various magazines, including *Essence*, *Ladies Home Journal*, and *the SABCS/Cure Magazine*, *Women and Cancer*, on *Fox 5*, *WJLA 7*, *News Channel 8*, and the *Oprah Winfrey Show*, *Good Morning America*, the Vital Options' radio show on XM's, Sirius Doctor Radio, and other local and national stations.

****Something To Think About - I believe that women can lead lives without limits, I am living proof. I am a breast cancer survivor, defining life on my own terms. On whose terms will you live your life?****



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Maimah Karmo Biography

Maimah Karmo is a fearless survivor. On February 28, 2006, at 4:45 p.m., she was diagnosed with Stage 2 breast cancer. She had no family history of breast cancer; and was only 32-years old. She had been doing all the “right” things – exercising, taking her vitamins and eating healthy. She didn't fit the profile. She had been told by her doctor that she was too young to get breast cancer. How could this have happened? She didn't know the answer to that question, but she knew that her life would never be the same again. In May, after she had been given her second chemotherapy treatment, she decided to create an organization that would empower, educate, support and end isolation for young women affected by breast cancer. The organization was named *Tigerlily Foundation (Tigerlily)*. Maimah's challenge with breast cancer inspired her to become who she was meant to be. She realized that the disease did not have the power to define her, but that through her experience with breast cancer, she could define and create the life she wanted to live. Maimah is now an inspirational speaker, mentor, philanthropist and a fearless breast cancer activist.

