During this season of giving thanks, we honor those who make a difference in our lives. We honor the advocates who lift their voices for change in their communities. We honor the caregivers who support loved ones in times of need. We honor ourselves and the actions we take daily to make an impact in this world. We honor those who have transitioned leaving indelible prints on our hearts and minds.

Tell someone today what they mean to you.

This month is all about gratitude.
There are people you meet who pass through your life and there are those whose very existence transforms your life at the core. Lori Wilson was such a person for me. I learned I had breast cancer at 31 years old. I was diagnosed with triple negative breast cancer, one of the most aggressive kinds of breast cancer – with no targeted treatment available – not then and not now – in the early-stage setting. I was told that the average rate of recurrence and/or survival was 5 years.

As a young Black woman, I didn’t see anyone my age, stage or color – and certainly no doctors who looked like me. I gave my life in service to help ensure other women – young and of color had education, empowerment, advocacy, support and research, but it was a lonely and long road. Years into my journey, I met Dr. Lori Wilson – Black, female, doctor, patient, teacher and healer. While her accolades were too many to count, what made her special to me was her kindness, gentleness, her giving heart. Lori embodied it all. She was impossible - a vibrant, fierce, passionate, wicked smart, generous, kind, humble and a fearless warrior for women, with a focus on Black women. She worked tirelessly to ensure that black women had equity and access; she walked not before but beside us; she taught and learned from us; she guided, yet walked hand in hand. With her by my side, I felt that anything was possible. She made us – as young, Black women, patients and friends - feel safe. She gave us hope. I loved working with her on papers, panels, projects, brainstorming ideas for listening sessions. It felt like together, we could do anything. I, Tigerlily Foundation and many others, while saddened that she is not here with us in the flesh any longer, am eternally grateful to have known her, learned from and to have loved and be loved by her. There is no greater gift than this.

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There was never anything she could not do and she always showed up fully, beautifully and present to whatever she was doing. We worked on a project in September, and when I told her that she needed to take a break, she said, “this work is my legacy. I’ll be okay” – you would never have known that she would be with the angels months later.

Beyond her wicked smarts, deep thinking and all that she accomplished, what I admire most about her is her humility and how she used her challenge as a gift for others – to teach, to serve, to enlighten and to give hope. Let’s work together to keep her light and legacy alive.
Knowledge is Power: The Black Breast Cancer Experience

A Roadmap to Living your Life while Navigating Breast Cancer

A three-part series featuring discussions about understanding your treatment path, the cost of cancer care and navigating relationships.

Our experts will share strategies and tactics you can use if, and when, faced with roadblocks to getting the care you deserve. You’ll also hear from Black women diagnosed with breast cancer on their experiences with navigating their diagnosis and how they overcame challenges to find their way forward.

Understanding Your Treatment Path
OCTOBER 27 | 7:00 – 8:30 P.M. (ET)

The Cost of Cancer: Work, Financial and Insurance Matters
NOVEMBER 3 | 7:00 – 8:30 P.M. (ET)

We are Family: Navigating Relationships
NOVEMBER 10 | 7:00 – 8:30 P.M. (ET)

REGISTER FOR FREE AT
LBBC.ORG/POWER

Knowledge is Power: The Black breast cancer experience is back! Last year, Living Beyond Breast Cancer talked about ways to live well beyond your diagnosis. This year’s program, “A Roadmap to Living your Life while Navigating Breast Cancer”, will discuss understanding your treatment path, the cost of cancer, and navigating relationships.

CLICK HERE TO LEARN MORE!
COMING IN DECEMBER

Transforming Health Inequities in TNBC: It’s Time For Action!

We are excited to announce that Tigerlily Foundation in collaboration with Susan G. Komen and Cancer Support Community will be hosting an in-person informative and interactive conversation about TNBC inequities during the San Antonio Breast Cancer Symposium this December. Our vision is for this to be a dynamic forum with audience participation that generates actionable solutions to remove barriers to care for Black, Hispanic and younger women who are most at risk for triple Negative breast cancer (TNBC). If you will be in the area and/or attending SABCS, we’d love to invite you to join us!

Title
Transforming Health Inequities in TNBC: It’s Time For Action!

Date/Time
Tuesday, December 6th, 5-6:30 pm CST

Place
Conference Rooms 20-21 (3rd Floor) San Antonio Marriott Rivercenter

Panel Participants:
• Maimah Karmo, Founder and CEO, Tigerlily Foundation
• Molly Guthrie, VP, Policy & Advocacy, Susan G. Komen
• Eucharia Borden, VP of Health Equity, CSC

Please mark your calendar and plan to attend because TNBC Can’t Wait!

Transforming Health Inequities in TNBC: It’s Time For Action!
Join leading advocates, Tigerlily Foundation, Susan G. Komen and Cancer Support Community, for an informative and dynamic conversation about actionable solutions to reduce triple negative breast cancer (TNBC) inequities and promote equitable access to quality care. It’s time to engage, commit and take action to save the lives of Black, Hispanic and younger women who are most at risk for TNBC! Refreshments will be served.

Sponsored by

Please mark your calendar and plan to attend because TNBC Can’t Wait!
Tigerlily Foundation presents our 9th annual Pajama Glam!

Save the Date on December 18th for Tigerlily’s Pajama Glam in Tysons Corner, VA.

CLICK HERE TO GET YOUR TICKETS!

ANGEL Cohort 12 Graduates!

Please join us in congratulating our newest ANGEL Advocate Graduates! These incredible and inspiring ladies have accepted the challenge to BE THE CHANGE and will be working in their communities to amplify the patient voice for health equity.

Interested in becoming an ANGEL Advocate?

APPLY HERE!
ANGELs in Action

Wow! What can we say? What a remarkable success the ANGELs in Action event was in the City of Compton!

On October 16th Tigerlily Foundation teamed up with Los Angeles McDonald’s franchisees and sisters Nicole Harper Rawlins and Kerri Harper-Howie, The Women’s VA Health Care of Long Beach and Black Girls Ride hosted a community event in the City of Compton to promote breast cancer awareness and advocacy in Black and marginalized communities.

With opening remarks from Compton Mayor Emma Sharif, 200+ community attendees, news coverage from television networks including, NBC, ABC, KTAL, FOX, and Telemundo; along with L.A.’s own POWER 106, Tigerlily showed up and showed out to bring much-needed resources surrounding awareness to the city. We can’t wait to do it again!

Photos by Imagery by Oscar
Angela Advocate Tameka Johnson in MBC Unspoken

A big shout out to our Tigerlily ANGEL Advocate Tameka Johnson who was a part of MBC Unspoken. An artistic interpretation of her story narrated by actors has been made into an incredible video story. MBC Unspoken is an online collection of personal stories, shared experiences, and curated resources that focus on the real, unfiltered truth about living with or caring for someone with MBC. The collection is meant to help patients and care partners find, identify with, and comfortably engage with the shared experience they may need to help find more control of their situation.

CLICK HERE TO WATCH!
Epic Beauty’s Day of Hope
- Celebration to Life on October 14th

This event created to inspire more positivity and confidence for breast cancer survivors and thrivers that go far beyond the treatment chair. Warriors spent the day glammed with hair and makeup and provided the opportunity to take professional photos with their friends, family, or individually. Two of our very own ANGEL Advocates, Kawana Rucker and Cotilya Brown were styled and dressed by celebrity Designer, Ramona Designs. Thank you to Lizeth Alvarado, EPIC Beauty Owner and Principal Artist for your vision providing a Celebration to Life!
Breast Cancer Awareness Month 5K Walk

Amazing breast cancer Conqueror and advocate, Tia Titus was impassioned to organize a Breast Cancer Awareness Month 5k Walk across the Frederick Douglass Memorial Bridge on October 29th. The bridge carries South Capitol Street over the Anacostia River in Washington, D.C. We thank Tia for empowering friends and family to come together to celebrate life and to share the work of Tigerlily Foundation!
Diversity, Equity and Inclusion at Tigerlily Foundation

Launching with our powerful Equity Values Statement Tigerlily is reconnecting with partners who have signed the Inclusion Pledge to see what they have been working on to break down barriers that lead to health inequality.

TLF Equity Values Statement

Tigerlily Foundation amplifies voices of individuals through empowerment programs and advocacy work. We stand together against barriers that limit Black, BIPOC, LGIFQ+ and unrepresented populations from accessing equitable healthcare. We are transformational thought leaders and agents of change.

We will eradicate barriers underrepresented populations face in their healthcare journey in our lifetime. We do not just “check boxes.” We make authentic impact. We embody our advocacy work and stand as guiding pillars in the field of healthcare best practices while holding ourselves and others accountable to the highest standards.

We work tirelessly to achieve equity for underrepresented populations.

We build respectful communities that thrive on open communication. We grow daily and strive to serve the needs of individuals and communities.

We are united. We are powerful. We are unstoppable.

Tigerlily Foundation’s Pillars of Value

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<tr>
<th>INTEGRITY</th>
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<td>We do what is right, even when no one is looking. We are heart centered.</td>
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<th>INNOVATION</th>
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<td>We are not afraid to do things differently in order to make an authentic impact.</td>
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<th>LEADERSHIP</th>
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<td>We are transformational thought leaders who lead from the ground up with forward movement. “Up and forward together”</td>
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<th>EDUCATION</th>
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<td>We openly share information in order to grow others. We do not gatekeep or hold information hostage.</td>
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<th>ADVOCACY</th>
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<td>We will ALWAYS amplify and give back voices to the underrepresented.</td>
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TLF in Action!

The Tigerlily Foundation has been out in the community sharing current research projects with top leaders and medical providers in oncology. Manager of Research & Writing, Virginia Leach, has attended the Black in Cancer Conference in London and the Journal of the Advanced Practitioner in Oncology (JADPRO) this month. Virginia shared project insights detailing the joys and struggles of cancer survivorship. Did you know that cancer patients and survivors can attend oncology conferences for free? If you are interested in attending, representing TLF, and meeting inspiring peers, please reach out to Virginia Leach at virginia@tigerlilyfoundation.org to learn how you can attend conferences. Your presence and voice are needed and wanted in these spaces!
Addressing Disparities in the Care of Patients with Triple-Negative Breast Cancer

You won’t want to miss this! Tigerlily Medical Advisory Board member and breast cancer surgeon Dr. Monique Gary addresses triple negative breast cancer (TNBC) inequities and outlines recommendations to improve awareness, screening and outcomes for Black, Hispanic and younger women who are most at risk in the October issue of CONQUER Magazine. Learn what you can do to educate and empower the important women in your life!

CLICK HERE FOR THE ARTICLE!

Inclusion Pledge Partner Corner

Kimberly Wilson-Lewis is a TLF ANGEL and also an Inclusion Pledge signee and Race Alliance member who had committed to leveraging her knowledge and resources to educate and advocate for equity in healthcare and in their community. She works at WCG and would like to make Tigerlily Foundation’s voice heard by encouraging WCG to sign the Inclusion Pledge to join the call to action of eradicating barriers that lead to health inequity. She has been hosting sessions at WCG in October for breast cancer awareness month with the initial presentation being on awareness but will continue to present to spread information on prevention and what to be on the lookout for. At the end of October 2022 she co-hosted a discussion with another Cohort 3 ANGEL, Karl Sandifer. This session focused on self-advocacy, awareness, knowing your body, signs of what to look for and how to have a voice when you find something questionable. Her goal is to increase prevention and awareness as well as empowerment for Black and BIPOC women. Education of underrepresented women is one of her highest goals. This education empowerment initiative is ongoing. October had two-panel speaking opportunities but these will continue. She hopes to expand and grow into the needs of the community.
Ariana Moussavizadeh with Surviving Breast Cancer has a long standing collaborative history of tackling barriers together with Tigerlily Foundation. Surviving Breast Cancer has signed the Inclusion Pledge and is a RACE Alliance member. Ariana Moussavizadeh was paramount in helping to develop the RACE Alliance round table conversation around Clinical Trials that will be taking place in January 2023. SBC pledged to break down barriers surrounding access in vulnerable populations so that underrepresented populations can experience equitable care. They have been working tirelessly to provide all of their programs and resources in Spanish, increasing access and care opportunities. Their first initiative is translating their Thursday night Cancer support group. This Cancer support group invites individuals to come as they are and partake in this agenda free discussion. This meeting is in Spanish and offered once a month. As we move into 2023 SBC will offer this support group twice a month. Art therapy in Spanish will also be offered once a month, with different themes so not every class will be the same. This offering can also be found in English. To learn more about this please visit the SBC Programs in Spanish webpage. Continuing into 2023 their blogs, podcasts and transcripts will be translated into Spanish with the goal to make programs accessible. SBC wants to open up and increase access to information for Spanish speakers. Visit the SBC website link to learn more.

Michelle Ferretti, an oncology social worker with Inova Life with Cancer has signed the Inclusion Pledge and works extensively with Tigerlily Foundation and the TLF ANGEL Program on important research surrounding BrainFog. Michelle is a member of the Inova Brain Fog Working Group, a research team that has an open study which aims to test two cognitive measures (objective) against two patient reported outcome (PRO) measures (subjective). One of the challenges in brain fog research is the lack of objective measures for brain fog. A second primary aim of this open study is to recruit a study sample that is representative of the diverse population Inova serves. The formal collaborators for the project are the Inova Schar Cancer Institute (ISCI), Inova Life with Cancer, Inova Neurosciences, and the UT Dallas Center for Brain Health. They would also like to highlight Deriece Harrington, the patient advocate on the research team. Deriece is a vital collaborator and stakeholder and has been instrumental in helping shape the project. Stakeholders, or organizations that we have engaged with on this project, have included Tigerlily (of course!), Howard University Cancer Center, SOS (Survivors Offering Support) and of course the oncology breast care providers/clinics at Inova. They continue to reach out to organizations supporting historically marginalized populations including historically Black sororities. They share that we have a study open, but they also offer an educational offering. At least as important as the study, if not more so, is raising awareness about brain fog as a side effect and validating people’s experiences.
We have started our annual #MyLifeIsMyLegacy video release. Stories of incredible individuals’ changing the world around them, individuals who are metastatic (MBC), early breast cancer (EBC) and those who have not been diagnosed with cancer personally but are helping others everyday living with or through cancer. These stories build a bridge of knowledge, love, faith and transformation that help us understand the impacts of breast cancer and provide guidance that will help generations to come. Help us share the #MyLifeIsMyLegacy videos of Kimi, Rebecca and Kelli.

Watch these videos. Act. Share with others. What is your legacy? #MyLifeIsMyLegacy

The Hidden Costs of Cancer

Kimi was diagnosed with triple-negative cancer (TNBC) in 2019 after being misdiagnosed with benign tumors one month prior. After having a lumpectomy, six months of chemotherapy, and 33 rounds of radiation, Kimi was ultimately forced to make the impossible choice between able to afford cancer treatment that could prolong her life...or providing basic needs for herself and her family. No one should ever have to make this choice, but many women have to.

This is Kimi’s legacy.

“After my cancer diagnosis, I became homeless.”
I am Not Afraid of Dying

Rebecca has an open heart full of vigor and vitality. She is not afraid of her cancer diagnosis, because for many years she was afraid of living. Today, living with cancer, she feels more alive than ever... and is not afraid of dying. Healing from generational trauma that consumed her life was transformational. Rebecca has learned to love herself and invite in wellness to her life, becoming an energy healer and using her gift to light the world she lives in and awaken others.

This is Rebecca’s legacy.

Not Today

Kelli was furious that she had been ignored when she initially experienced symptoms and that doctors did not start treading her disease a LOT sooner. Even though she feels at times her life will be cut short before her time, she boldly shares her truth and pours herself into advocacy, Kellie has become a powerful voice in metastatic breast cancer (MBC) advocacy, sharing with patients – “you are not alone, you are worthy of treatment and getting to a better place in life”. Her wrist tattoo, “Not Today”, reminds her that each day that she can see the tattoo, she can do something good today.

Kelli wants you to know that every day 115 lives are taken by MBC, in the United States alone. As a co-founder of the Metsquerade Gala she works with METAvivor to advocate, educate and champion funding that will go to MBC research grants to support patients living with metastatic disease.

This is Kelli’s legacy.
Twins Proving Miracles Really Do Exist

Tonya’s twin sister Sonya is her best friend. These sisters share their lives together and their genetic makeup – they are both BRACA1 positive, have a family history of cancer, and have a mother who was diagnosed with breast cancer four times. Tonya was diagnosed with Triple Negative Breast Cancer (TNBC), and had a double mastectomy, chemotherapy, and radiation - all with her sister by her side. “I felt like it was happening to me” – Sonya. This dynamistic duo - together are not letting anything slow them down from living and helping others. Today, Tonya is NED (no evidence of disease) and Sonya is exploring a preventative mastectomy to decrease her chances of breast cancer. The miracle of life is what drives these women to help family, friends, and patients get educated about their health history and be proactive with cancer.

This is Tonya’s legacy.

The Future of Healthcare is Inclusivity for All

Mandi’s Dad taught her as a child to know that everyone has an equal human worth. The words her Dad taught her ring as true today as they were the day they were spoken “You are not better than anyone and no one is better than you, never let anyone make you feel less and don’t ever make anyone feel less.” Mandi believes that it’s not race that causes disparities. It’s not being queer that causes disparities. It is RACISM, it is TRANSFOBIA, it is HOMOPHOBIA. It’s denying someone’s equal human worth. Dr. Pratt-Chapman legacy is moving the future of healthcare to provide INCLUSIVITY FOR ALL.

This is Mandi’s legacy.
WATCH THE NEW BREATHE TV EPISODES

Episode 3 - TNBC Treatment, Diagnosis & Journey

We invite you to join us for episode 3 of BREATHE TV! Maimah is joined by three amazing ANGEL Advocates Daria Ross, Rhelia Parker, and Melissa Ward. Join us as they discuss Triple Negative Breast Cancer Treatment, Diagnosis, and Journey. Each of these guests will share their experiences navigating and living through the challenges and changes that cancer treatments had on their lives.

Learn how they managed the process of being diagnosed, navigated treatment, and learned how to advocate for themselves.

CLICK HERE TO WATCH EPISODE 3!

Episode 4 - A Patient’s Perspective on Endocrine Therapy

We’re honored to share this episode of BREATHE TV, where we hear from two brave women who share their different reactions to Endocrine Therapy, also known as Hormone Therapy.

While Endocrine Therapy has been successful for many patients by slowing or stopping tumor growth and blocking or interfering with the body’s ability to produce hormones, like most treatments, patients on Endocrine Therapy can have different experiences. Listen as ANGEL Advocates Karla Sandifer and Tamekia Powell as they share their personal experiences and challenges that cancer and its treatments have brought into their lives.

CLICK HERE TO WATCH EPISODE 4!
Increasing Access to Osteoporosis Testing for Medicare Beneficiaries Act (H.R. 3517/S. 1943)

While treatments provide patients with potentially life-saving options, many common breast cancer treatments take a toll on bone health. For this reason, it is especially important for breast cancer patients to have access to bone health and osteoporosis screening. However, for most, becoming aware of the onset of osteoporosis occurs either by an accidental fall and breaking a bone or by having a DXA (dual energy x-ray absorptiometry) examination. This is even more true for Patients of Color, as racial and ethnic disparities exist for screening, diagnosis, and treatment of osteoporosis as they do for breast cancer. Further adding to these disparities, since 2007, Medicare has cut reimbursement rates for DXA screening by 72% which has resulted in nearly half of DXA office providers discontinuing these services. Currently, DXA testing is reimbursed at $39 while a decade ago DXA was reimbursed at $139. These cuts have left physicians unable to continue providing DXA testing. These cuts have led to a decline in testing and an increase in barriers to access osteoporosis testing, most especially for those living in underserved and/or rural areas, widening the already existing disparities facing breast cancer patients of color. H.R. 3517/S. 1943 would set the reimbursement rate back to an appropriate level.

The Increasing Access to Osteoporosis Testing for Medicare Beneficiaries Act is bipartisan legislation and will support better outcomes for breast cancer patients, take a step towards health equity, and lower costs for our health care system.

For additional information, see our fact sheet [here](#).

Please consider sharing this issue with your friends, family and networks by posting on social media!

Download our social media toolkit [here](#).