



Tigerlily
Foundation
Beauty. Strength. Transformation.

THE BREATHE ISSUE

SEPTEMBER 2022



Thank you summer for the memories and moments to catch our breath. As we enter the busyness of fall, pay attention to your breath. Try a breath exercise to help calm your nervous system.

Take a deep breath.

Pause.

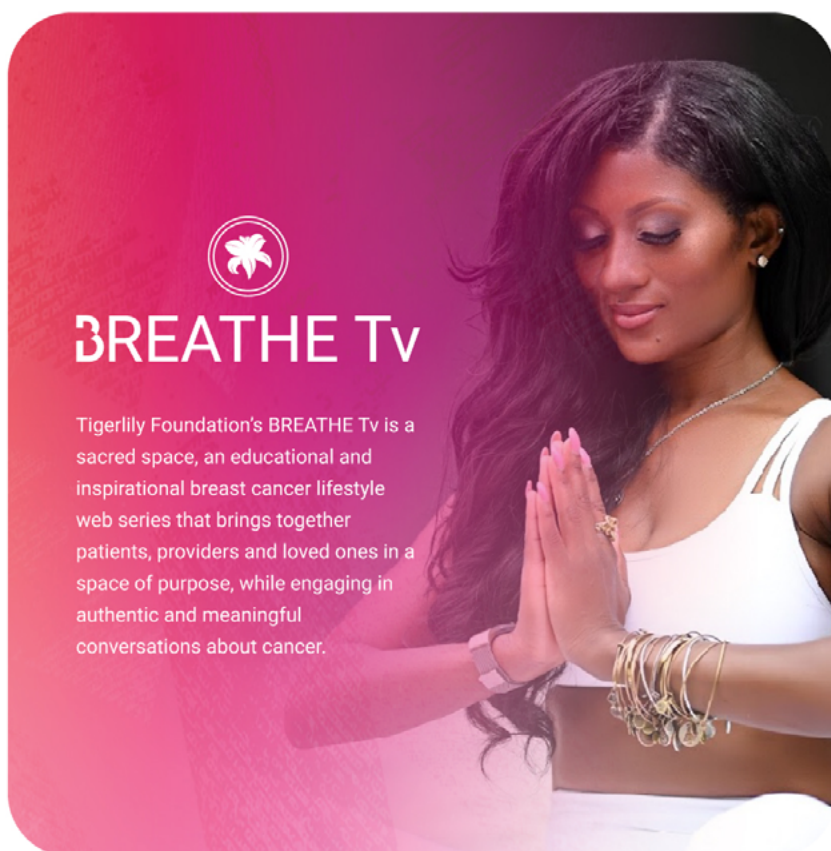
Exhale slowly to the count of five.

Repeat four times.

You got this.

BREATHE Tv Season 3 – Launching in September

We are excited to announce that BREATHE Tv is back for another season! Join us for 17 inspiring episodes including members of our community and ANGEL advocates. Stay tuned to our social media channels for details as we start to release episodes in September.



Legacy Advocates: Gone but Never to be Forgotten

Nancy Barbour

Tigerlily would not have the impact we do without the advocates we have the privilege of working with who bravely stand up and use their voices to selflessly effect change to ensure better outcomes for those who come after them. We would like to lift up and honor two such advocates whom we have recently lost.

Beloved ANGEL Advocate Trainer and ANGEL Advocate, Nancy Barbour was a zealous supporter of our many initiatives, especially our ANGEL Advocacy Program. Nancy led our first training cohort in 2021 and continued as an ANGEL Trainer as recently as June. Nancy was especially passionate about advocating for breast cancer education and early detection as she found her breast cancer thanks to another woman educating and encouraging her to get screened. Nancy credited that intervention to saving her life and enabling her to become a breast cancer survivor. She desired to pay that forward, empowering other young Black women to learn their risk and get screened early in hopes of saving more lives like hers. Nancy was a powerful and loving force advocating for change. Her work helped educate, empower and motivate hundreds through sharing her story, her advocacy work in the community and her leadership through the ANGEL Advocacy program. Her legacy will continue to live on through all those whose lives she touched.



Nancy Barbour, 59, of Ashburn, Virginia, transitioned on July 27, 2022, at the Stone Springs Hospital Center in Aldie, Virginia.

Nancy worked more than 30 years in a variety of skilled positions in Information Technology, most recently as a Senior Consultant with CGI since 2007. She founded Code Success in 2007, an empowerment mentoring program for young women. Nancy also served in countless organizations in the metro Northern Virginia area, as well as in Winchester. Nancy was a charter and active member of the Loudoun County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., the Loudoun County, Va., Chapter of Jack and Jill of America, Inc., our Tigerlily Foundation and the JMU's Black Alumni Chapter. In Winchester, she diligently served on the Queen's Court committee during the Apple Blossom Festival. On November 25, 2000, Nancy married Paul Barbour and from their union, a beautiful daughter, Robin Lindsey Barbour was born. Lindsey was the apple of her eye, and they were extremely close.

Because of Nancy's diligent work in the community, she received many honors, awards, and recognitions. She was recognized by Vote.Lead.Impact. with a 2020 Unsung Hero Award for her committed service to the DST Social Action Committee, minority student achievement advocacy in Loudoun County, and business leadership for Black women in the region. In 2016, the Sigma Mu Mu Chapter of Omega Psi Phi Fraternity, Inc. presented Nancy with its esteemed Citizen of the Year award. In 2015, she was recognized as a Warrior Woman in the Loudoun Woman magazine sharing her personal story of hope after battling and defeating breast cancer. In 2012, the Northern VA Urban League presented Nancy with the Dream Makers and Achievers MLK Drum Major Presidential award. Amid all of Nancy's work and commitment to family, friends and community, she left her mark on the hearts of many. The world is forever changed by her footprint.



Lisa Jeanne Manning Laudico

November 5, 1965 - August 6, 2022

Lisa Jeanne Manning Laudico, 56, of Fairfield, passed away on August 6th, 2022 after a 5-year battle with Metastatic Breast Cancer. Lisa was born on November 5th, 1965 in London, Ontario to George Russel Manning and Lorna Marie Swift Manning. She received the first of her many degrees from Waterloo University, followed by her first job at IBM then Northern Telecom. She worked in Canada, the US and eventually Japan, where she met her husband of 27 years, Anthony Laudico. Japan was followed by moves to Australia, Aix-En-Provence, Washington DC, Paris, Bologna, Italy (where she received her Masters in International Economics from Johns Hopkins School of Advanced International Studies), eventually settling in New York, where she was an associate commissioner for the department of small business services. Here she gave birth to the true lights of her life - her sons Matthias and Alexander. She was a passionate, dedicated, and caring mother who would, and did, everything for her children's happiness. A lifelong advocate for mental health, Lisa received her second master's degree

in social work from Fordham University, eventually working in this area to help young children deal with trauma. Lisa was diagnosed with Stage 4 Metastatic Breast Cancer in August 2017. She dealt with this in a way that was truly courageous.

It is with great honor and respect that we celebrate the life of Lisa Laudico. It was a privilege to have Lisa as a member of the Tigerlily Foundation Clinical Trials Advisory Committee and she will be missed by us all. It was just a year ago that we taped her [#MYLIFEIsMyLegacy Video](#) which shows her beauty, strength and commitment to advocacy. Most recently Lisa was a guest on BREATHE Tv discussing metastatic breast cancer and clinical trials, an episode set to release later this year. Lisa's support to the breast cancer community and Tigerlily Foundation is larger than life and is a legacy that lives on.

We are grateful for the time we were blessed to spend with and learn from both Nancy and Lisa and will honor their memory by continuing to forward our work to ensure everyone has access to breast cancer education, early detection, high-quality treatment, and improved quality of life. Nancy and Lisa truly exemplified how the power of one can ripple and impact countless lives.

Our prayers and support go out to their countless family and friends whom they were able to impact in a profound way.

As a reminder, Tigerlily's CARE Coaching is available to you for free at any time to help support your mental health needs related to loss, grief, treatment, living with metastatic disease, survivorship and everyday life. You can schedule your appointment anytime [HERE](#). You can also utilize the Tigerlily & Unity 24/7 Prayer Line anytime [HERE](#).



ANGEL Author Corner

Our Advocates are multihyphenate. Join us in supporting our ANGEL advocates and authors by purchasing their stories of triumph, tribulation, faith and perseverance.



ANGEL Advocate
Sheila Johnson
author of
“A SURVIVOR'S LENS”



Scan here to purchase Neosho's book



ANGEL Advocate, Sheila Johnson,
author of “A survivor's lens”

[CLICK HERE TO PURCHASE SHEILA'S BOOK](#)



ANGEL Advocate
Neosho C. Ponder, PhD,
author of
“GOD'S GOT JOKES”



Scan here to purchase Neosho's book



ANGEL Advocate Lead Dr. Neosho Ponder,
author of “God's Got Jokes”

[CLICK HERE TO PURCHASE NEOSHO'S BOOK](#)



ANGEL Advocate
Dr. Kim D. Harris
author of
“THE COLORS OF KWANZAA”



Scan here to purchase Kim's book



ANGEL Advocate Dr. Kim D. Harris, author of
“The Colors of Kwanzaa”

[CLICK HERE TO PURCHASE DR. HARRIS' BOOK](#)



ANGEL Advocate
Ashley Dedmon MPH, CHES,
author of
“THE BIG DISCOVERY”



Scan here to purchase Ashley's book



ANGEL Advocate Ashley Dedmon,
author of “The Big Discovery”

[CLICK HERE TO PURCHASE ASHLEY'S BOOK](#)



ANGEL Advocate
Tamara B. Newborn
author of
“MAKING IT THROUGH THE STORM MY BREAST CANCER JOURNEY”



Scan here to purchase Tamara's book



ANGEL Advocate Tamara Newborn, author of “Making It Through The Storm: My Breast cancer Journey”

[CLICK HERE TO PURCHASE TAMARA'S BOOK](#)



ANGEL Advocate
Tameka Johnson,
author of
“EVOLVING SOUL”



Scan here to purchase Tameka's book



ANGEL Advocate, Tameka Johnson,
author of “Evolving Soul”

[CLICK HERE TO PURCHASE TAMEKA'S BOOK](#)



ANGEL Advocate
Kianna Wooten,
author of
“A SURVIVOR GUIDE THE BREAST CANCER DECISION”



Scan here to purchase Kianna's book



ANGEL Advocate Kianna Wooten, author of “A Survivor's Guide: The Breast Decision”

[CLICK HERE TO PURCHASE KIANNA'S BOOK](#)



ANGEL Advocate
Cynaka Harper,
author of
“LOVE LOSS LIFE”



Scan here to purchase Cynaka's book



ANGEL Advocate Cynaka Harper, author of “Love, Loss, Life”, “Life's Journey” and “Dreamer's Fantasy”

[CLICK HERE TO PURCHASE CYNAKA'S BOOK](#)

#PullUpASeat Virtual Event



Join Tigerlily Foundation on September 23 as we host our #PullUpASeat virtual conversation with a panel of patient experts which will focus on Breast Cancer and Fertility.

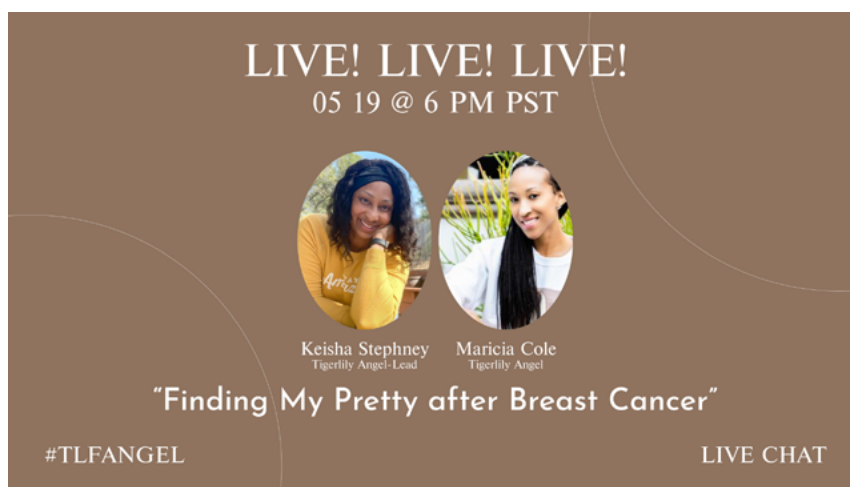
[CLICK HERE TO REGISTER FOR
#PULLUPASEAT – SEPTEMBER 23.](#)



Congressional Black Caucus Foundation Community Breakfast & Health Fair

It's time! We're proud to support the Congressional Black Caucus Foundation's Community Breakfast and Health Fair on September 29 at 7:30 am - 10:30 am. Dedicated to assisting those most in need, we invite D.C. residents to join us for this meaningful event. #Purposeandpower

TLF ANGEL Event Recap



Did you miss the Instagram Live Chat between TLF ANGEL Lead Keisha Stephney and TLF ANGEL Maricia Cole?

The event was led by two breast cancer survivors that included understanding the quality of life for cancer survivors and thrivers. Giving oneself time to process and find what works for you in your new routine is essential. Many things will have to be learned, but new opportunities and doors are waiting on the other side of a breast cancer diagnosis. Finding and creating a strong support system can help you navigate life after breast cancer treatment. Are you interested in reviewing the summary in more detail?

[CLICK HERE TO READ THE FULL RECAP!](#)



Join our team of ANGEL Advocates ignited with the passion for EMPOWERING, EDUCATING & MOBILIZING in the fight against breast cancer.

How ANGEL Advocates make an impact in their communities

Through our advocacy training, ANGEL Advocates are given the education and resources to put them at the forefront of the fight against breast cancer. Our 15 educational modules provide advocates with the knowledge they need to make an impact on their community.

- Speaking at events
- Work with health professionals
- Advocate for breast health education
- Advocate with government
- Use their media presence
- Speak on panels

Join us to end #breastcancer disparities & improve outcomes for communities of color.

APPLY TODAY TO BECOME A TIGERLILY ANGEL ADVOCATE
Scan the QR to begin your advocacy journey.



@tigerlily_foundation | @tigerlilyfoundation.org | @tigerlilycares

BE THE CHANGE and Become a ANGEL Advocate

Are you inspired by these activities to take your advocacy to the next level? Join our team of powerful advocates through our Advocate Now to Grow, Empower and Lead (ANGEL) today!

[CLICK HERE TO APPLY!](#)

We will be starting a new training cohort in September! The ANGEL Advocacy training provides breast health and cancer education and empowerment to

Ready to start using your voice for advocacy today?

HEAL Policy Center of Excellence

Tigerlily is currently supporting two pieces of legislation and our representatives need to hear your voice! **Take action with us today to HEAL together and protect lifesaving testing for breast cancer patients.** You can also [learn more about both issues](#)

SCREENS Act and Increased Funding for TNBC



[Screening for Communities to Receive Early and Equitable Needed Services \(SCREENS\) for Cancer Act \(H.R. 8185/S. 4440\)](#)

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) is a critical safety-net program that provides breast and cervical cancer education, screening, and diagnostic services for underserved populations who are low-income, uninsured and underinsured who do not qualify for Medicaid. The program has a proven record of cancer detection and provides public education, outreach, patient navigation, and care coordination to increase breast cancer screening rates and reach these underserved populations. The Screening for Communities to Receive Early and Equitable Needed Services (SCREENS) for Cancer Act reauthorizes and modernizes the NBCCEDP by allowing:

- expansion of services for individuals at increased risk of breast cancer
- a greater emphasis on implementing innovative evidence-based interventions, and
- proactive outreach to underserved communities through media, peer educators, and patient navigators.

Access to screening is even more important as many people delayed or missed annual screenings due to the COVID-19 pandemic, likely resulting in more advanced cancers and increased cancer deaths; and new populations may need assistance to access basic cancer screenings due to the pandemic-related financial crisis. NBCCEDP is one of the only programs that serve these under-resourced, underserved communities throughout the country, as well as populations facing high disparities and morbidities from breast cancer. This piece of legislation is an important step toward ensuring that more women receive access to essential screening services before it is too late.

In addition, the reauthorization of the NBCCEDP and increased funding would allow for triple-negative breast cancer (TNBC) specific support, including education and diagnosis strategies in existing breast cancer screening, diagnosis, and linkage to health care programs. TNBC is an aggressive form of breast cancer that

disproportionately impacts Black, Hispanic, and younger women and is often diagnosed at later stages of the disease with a poor prognosis. This funding, along with \$3M allocated to expand awareness and prevention efforts for Breast Cancer Awareness for Young Women in connection with the goals of the Cancer Moonshot, will help address the significant TNBC inequities.

[Click here to send a letter to your representatives to let them know this is important to you and the breast cancer community!](#)

[Click here for the SCREENS Act and TNBC factsheet.](#)

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

DOWNLOAD OUR SOCIAL
MEDIA TOOLKIT HERE.

Increasing Access to Bone Health Screening for Breast Cancer Patients

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.



Over one-third of providers offering bone health screening have stopped due to Medicare cuts.



Take action today to help us protect this important screening tool for breast cancer patients at higher risk of osteoporosis!



CLICK HERE TO SEND A LETTER TO
YOUR REPRESENTATIVES TODAY!

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.](#)
[Social media graphic 1](#) | [Social media graphic 2](#) | [Social media graphic 3](#)

DE&I RACE (Rallying Around Care and Equity) Alliance

We are delighted to highlight some of our #InclusionPledge partners who have joined a working towards equal care for all.



Labcorp, a leading global life sciences company, has signed the #InclusionPledge, and is focused on breaking down barriers within communication, representation, and clinical trials. LabCorp has made specific, measurable commitments to propel eradicate systemic barriers that stand in the way of health equality.

Partner Highlight



COLUMBIA UNIVERSITY
HERBERT IRVING COMPREHENSIVE
CANCER CENTER

Columbia University's Herbert Irving Comprehensive Cancer Center (HICCC), a Tigerlily Foundation RACE (Rallying Around Care and Equity) Alliance partner and Inclusion Pledge signee, rolled out a new summer program for high school students. This summer program allowed sophomore and junior high school students to study the impact of diet and nutrition on tumor growth. Read their article to learn more on how their Diversity, Equity and Inclusion department is working on building diversity in science and medicine.

[CLICK HERE TO READ
THE FULL ARTICLE!](#)

Pure Cat Monthly Schedule



Tigerlily Foundation offers a FREE online wellness platform that is open to all!

Pure Cat Initiative is dedicated to healing through movement, meditation, fitness, yoga, prayer, and more!

Weekly Classes



Mondays 4:00 PM, EST
Yoga with Valencia



Wednesday 9:00 AM, EST
Zumba with Joyce



Wednesday 12:00 PM, EST
Movement for All
with Coach Derek

Monthly Classes



First Friday of each month
8:00 PM, EST
Community Sound Bath
with Michaela



First Saturday of each month
9:30 PM, EST
#AloneTogether Virtual
Dance Party
with DJ Dimepiece

Content and classes offered by Tigerlily's Pure Cat Initiative are free of charge. To get started, you'll need to activate the free "Tigerlily Pure Cat Membership." Here is your free access link to our classes.



Tigerlily's Pure Cat Initiative is an online wellness platform that is open to all. We are dedicated to healing through movement, meditation, fitness, yoga, prayer and more. Our dedicated instructors welcome all skill levels and abilities, so whether you need a relaxing sound bath at the end of a long week, or a mid-week energy boost to get your blood flowing, there's something for everyone.

**CLICK HERE TO SIGN UP FOR
OUR PURE CAT CLASSES!**

Tigerlily in the World



DPHARM Opening Q&A Tues., Sept. 13, 2022 | 8:30 a.m. ET



Maimah Karmo
Founder/CEO
Tigerlily Foundation



Peyton Howell
Chief Commercial &
Strategy Officer
Parexel



12th Annual DPHARM Disruptive Innovations to Modernize Clinical Research

Escaping war-torn Liberia, becoming a refugee, being diagnosed with breast cancer, and surviving it inspired our patient advocate speaker, Maimah Karmo to build a foundation that educates, empowers, and advocates for young women affected by breast cancer. See Maimah's incredible story at DPHARM 2022.

We are excited to announce that the live 2022 Runway to the Cure fashion show will return on **Sunday, October 2, 2022** at 1 pm ET at the Reston Town Center in Virginia. This event will support Tigerlily programs. Please continue to check for updates on the [Runway to the Cure website](https://www.runwaytothecure.org), Facebook, and Instagram pages [@runwaytothecure](https://www.instagram.com/runwaytothecure).

Runway to the Cure

Sunday • October 2 • 1:00 pm
Hyatt Regency Reston

\$20
donation

at the door or at
www.runwaytothecure.org

FASHION SHOW
BENEFITING

**Breast Cancer Research Foundation
& Tigerlily Foundation**

Presented By

SCOUT & MOLLY'S
OF RESTON TOWN CENTER

bxp

**HYATT
REGENCY**
RESTON

All fashions will be modeled by breast cancer warriors while sharing their unique stories.

Our donation to BCRF will be earmarked for research on triple-negative breast cancer, a type that is harder to treat and the most likely to recur.

The Tigerlily Foundation is located in the Washington area and provides programs and support to young women (15-45) before, during and after breast cancer.

Reston Runway to the Cure, Inc. is a 501(c)3 volunteer non-profit (Tax I.D. 83-1376886) helping to defeat breast cancer through a runway fashion show that celebrates our models – breast cancer survivors and warriors – and the businesses, sponsors and patrons that make the fashion show possible.

Tigerlily Foundation presents our 9th Annual Pajama Glam



Tigerlily
Foundation
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is pleased to present the 9th Annual



This is a high-energy, educational, and empowering event that encourages mothers and daughters to talk about health and wellness in a fun environment.

Tigerlily Foundation is pleased to present the 9th Annual Pajama Glam Party, to celebrate health & wellness with women and girls, coming soon! This is a high-energy, educational, and empowering event that encourages mothers and daughters to talk about health and wellness in a fun environment.

Guests will enjoy a glamorous lineup of activities including a movie screening, music, pampering stations, glam sessions, sweet treats, health and wellness activities, celebrity appearances, and much more. The event was created in 2013 by Tigerlily Founder, Maimah Karmo's, then 10-year-old daughter Noelle Karmo, who wanted to design an event to attract and educate young girls while raising awareness for their breast and body health. She wanted to make sure that other girls and their moms had important health conversations, that could one day be lifesaving.



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