



Tigerlily
Foundation
Beauty. Strength. Transformation.

THE BLOOM ISSUE

APRIL 2023



April showers bring May flowers. Join us on a journey through our April newsletter to identify ways you can engage, participate or support the initiatives. May this season be filled with breakthroughs for you and our community.

CONGRATULATIONS ANGEL GRADUATES COHORT 16

On March 31, 2023 our most recent cohort of ANGEL advocates graduated! Congratulations to them for their accomplishment and also to new ANGEL trainer, Andrea Hans. Andrea is a recent ANGEL graduate herself and as part of her advocacy work went through training in order to facilitate the education of other new ANGEL advocates.



On next ANGEL training will kick off on Sunday April 16th 7-8:30pm EST with Dr. Kimberly Wilson-Lewis at the helm as trainer. This training consists of six modules (the first is self-directed) and meets weekly for five consecutive weeks at that time. If you would like to become an ANGEL advocate please submit an application at <https://www.tigerlilyfoundation.org/programs/angel/> and send an email to amanda.e@tigerlilyfoundation.org to reserve your spot.

ANGELs in Action Highlights

Community Education Highlight

Tigerlily ANGEL Lead Advocate Kawana Rucker has been collaborating with Propel Partners in Wellness to provide breast health and breast cancer education to high school students in the Pittsburgh, PA area. Kawana is committed to leveraging her work as a Tigerlily ANGEL Lead to bring breast health and breast cancer education into schools and to young ladies to raise awareness about the existing risk of breast cancer for young women, especially Black young women who face higher rates of later stage incidence and triple negative breast cancer incidence. By reaching those at heightened risk before a diagnosis and providing education, we can help encourage lifestyle habits that promote risk reduction as well as empower individuals to be proactive with their healthcare providers to discuss personal risk of breast cancer and personalized screening routines to promote early detection.



Advanced ANGEL training

We will be offering online training modules for current ANGEL advocates and those individuals interested in advocacy work. Each 1.5 hr live session will cover a specific topic in depth and be led by an experienced, dynamic ANGEL trainer. These classes are perfect for ANGEL advocates wanting more indepth training on certain topics AND individuals interested in learning more about what it means to be an ANGEL advocate. Each class includes a live Zoom session and brief coursework within our Talent LMS platform. To sign up email Amanda Espenschied-Reilly, Tigerlily Foundation's Program Support Manager at amanda.e@tigerlilyfoundation.org with the date(s) of the session(s) you wish to attend. You DO NOT have to be a current ANGEL advocate to join these trainings; you just have to have started the ANGEL [application process](#).

Pajama Glam Recap

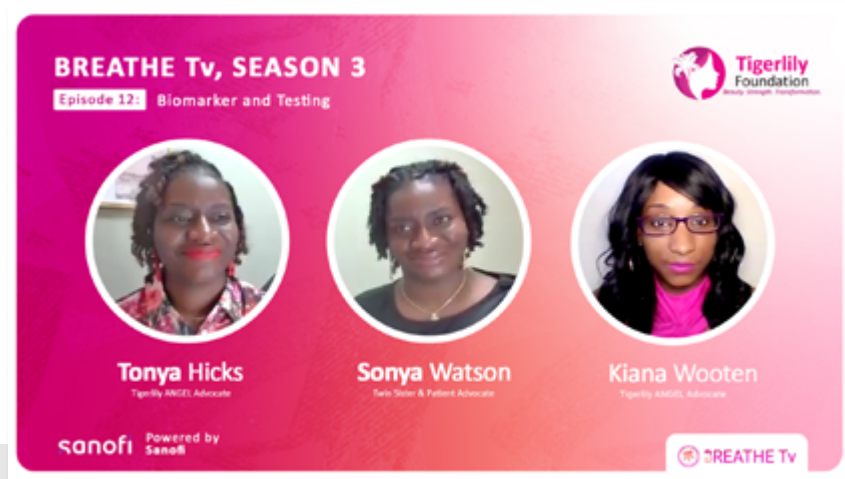


Thank you for joining us at Tigerlily's Pajama Glam! It was an amazing day for families embracing a healthy lifestyle and learning about breast health!

Thank you to our partners, Bayer & Viatris, for their support! Tigerlily's Pajama Glam event brought together families to educate young girls and women to empower them to self-advocate for their health and embrace a healthy lifestyle! The day was full of positive energy supporting and engaging families! Thank you, Pajama Glammers, we can't wait to see you all again next year!

BREATHE Tv New Episodes!

BREATHE Tv Ep 12 Biomarker and Testing



Join Maimah as she talks about biomarker and testing with ANGEL advocates, Kiana Wooten and Tonya Hicks, who is also joined by her twin sister, Sonya. All three of these women have a strong family history of cancer. All three women carry a gene mutation that put them at higher risk.

Listen as each woman talks about the importance of biomarker testing, being informed, and breaking the cycle of silence around generational health. Be inspired as they discuss using knowledge to change their life and the lives of others.

Host: Maimah Karmo | 16 Year Breast Cancer Survivor

Guest: Kiana Wooten | ANGEL Advocate

Guest: Tonya Hicks | ANGEL Advocate

Guest: Sonya Watson | Patient Advocate

[Click Here to Watch Episode 12!](#)

BREATHE Tv Ep 13 Taking Out The Toxins



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[Click Here to Watch Episode 13!](#)

Diversity, Equity and Inclusion: #InclusionPledge Partners



Patient Empowerment Network is hosting this webinar on Tuesday, April 11 entitled “Thriving With Breast Cancer | Tools for Navigating Care and Treatment” at 1 PM Eastern (10 AM PT, 12 PM CT). In this webinar, expert Dr. Bhuvaneswari Ramaswamy will review current and emerging breast cancer treatments, discuss the importance of emotional support, and share advice and resources for engaging in care decisions. You can learn more about the webinar here: [Thriving With Breast Cancer | Tools for Navigating Care and Treatment - Patient Empowerment Network \(powerfulpatients.org\)](https://powerfulpatients.org)

Amy McArthur, PhD Candidate and #InclusionPledge Partner is conducting a study on the experiences of women diagnosed with breast cancer. The purpose of this study is to learn about the impact of having breast cancer on women’s lives and participation in daily activities. This study may be a good fit for you if:

1. You are a woman diagnosed with Stage I, II, or III breast cancer at least 1 year ago
2. Are between the ages of 18-50
3. Were diagnosed with breast cancer between ages 18-45
4. You are finished with active breast cancer treatment

Participants will be asked to take part in:

1. Two individual interviews about the impact of breast cancer on their lives
2. One focus group, which is a small group interview, with other participants
3. Participants will be able to complete study activities in person in the Chicago area or online using Zoom.

Each interview and focus group will last about 3 hours. Interviews and the focus group will be audio and video recorded. Participants will receive \$25 for each interview or focus group (up to \$75 total).

For more information, please contact: Amy McArthur, PhD Candidate University of Illinois at Chicago Department of Disability and Human Development Aroder2@uic.edu 312-996-6927

Megan Wirtz, our #InclusionPledge Partner is working at Psycho-Oncology Lab at Hunter College (CUNY). They are seeking research participants for a paid survey study. This survey seeks to look at Sexual Self Esteem in Onco-SexualHealth. Earn **\$15** for participation.

[To see if you are eligible, complete the online screener here](#)

#TLCTransform Twitter Chat

Tigerlily will host our #TLCTransform Twitter on May 10 on the topic of Survivorship! Follow along on our twitter as we discuss survivorship and breast cancer with a panel of patient experts!

[Follow our twitter here!](#)



A graphic for the #TLCTransform Twitter Chat. It features the Tigerlily Foundation logo and the hashtag #TLCTransform TWITTER CHAT. The main text reads "SAVE THE DATE SURVIVORSHIP". The date and time are "Wednesday, May 10, 2023 8 pm EST/5 pm PST". At the bottom, there is a website link "WWW.TIGERLILYFOUNDATION.ORG" and logos for AMGEN, MERCK, Seagen, and Pfizer.

#PullUpASeat *Survivorship*



MAY 12, 2023 | 11:00AM - 12:30PM EST

Shining a light on the experiences
of Black Women with Breast Cancer



May Virtual #PullUpASeat on Survivorship!

Join Tigerlily on May 12, at 11am EST for a virtual #PullUpASeat conversation, where we'll be discussing Survivorship with a panel of patient experts who will be sharing their experience with breast cancer.

[Click here to register!](#)

Pure Cat is expanding!

Tigerlily Foundation's Pure Cat program is excited to announce a new partnership with the Smith Center for Healing and the Arts in Washington D.C. that allows us to offer you additional free online health and wellness classes for Tigerlily participants!

Starting in April we will be collaborating with the Smith Center for Healing and the Arts (Washington, DC) to offer:

Every Friday 12-12:30pm EST Being Together Mindfulness - a guided meditation practice

Wed April 12th 6-7pm EST Loss of a Loved One to Cancer Support Group

Wed April 12th and 26th 7-8pm EST Qigong - a beginner's class in this art similar to Tai Chi

While these classes will not be recorded, we invite you to register directly through the Smith Center's website for each date and class at the links below:

Being Together Mindfulness

Loss of a Loved One

Qigong

Contact programs@smithcenter.org directly if you have questions or any issues registering for a class.



Pure Cat Monthly Schedule

Weekly Virtual Events (EST)

- ✦ Mondays 4:00pm Yoga with Valencia
- ✦ Wednesdays 9:00am Zumba with Joyce
- ✦ Thursday 5:30 PM Simply M the Movement with Ketty
- ✦ 1st Fridays 8:00pm Community Sound Bath with Michaela Bekenn
- ✦ 1st Saturdays 9:30pm Dance Party with DJ Dimepiece

Let Love Be Your Frequency

Instagram: @tigerlily_foundation Twitter: @tigerlilycares Facebook: @tigerlilyfoundation.org



Sign up for classes here



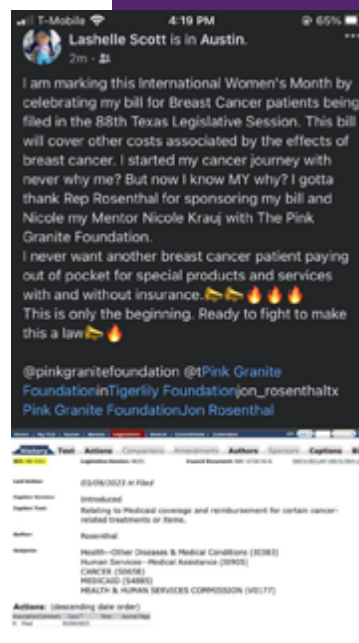
Tigerlily in the Community



The Tigerlily Foundation has been out in the community sharing current research projects with top leaders and public health professionals. POWER Manager, Virginia Leach, attended several conferences this year. Her latest conference was the Midwest Sociological Society (MSS) 2023: Community-Partnered Research & Teaching Conference in Minneapolis, Minnesota. Virginia organized and led two sessions while also presenting her research twice. Virginia shared project insights detailing how Black women are delayed, dismissed, and denied care within and beyond the cancer continuum of care. 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!

Public Policy Highlight

Last month, Texas State Legislator Jon Rosenthal introduced a bill that would help provide coverage and reimbursement for certain cancer related treatment and items. Tigerlily ANGEL Advocate Lashelle Scott has been leading the charge in her home state of Texas working with Rep. Rosenthal to write the Breast Cancer Wellness and Expanded Services Act to ensure that Medicaid covers important cancer treatment related items including physical therapy, dental services, compression garments and mastectomy products! Lashelle is putting her advocacy into action to ensure that treatment for side effects caused by anti-cancer treatment (like chemotherapy and radiation) are treated like they are just as important as the primary anti-cancer treatment and are included and covered as part of the overall treatment plan. Keep an eye out for updates about this legislation!



BRCA1 Breast Cancer Prevention Study



Our friends at [Dana-Farber Cancer Institute](#) are introducing their BRCA -P Study!

The BRCA-P Study is an international research study for women ages 25-55 who are born with a mutation in one of their BRCA1 genes.

About 2,918 women from around the world will participate in the study. The main purpose is to find out if the study drug, denosumab, can decrease the risk of developing breast cancer compared to a placebo (inactive substance) in women with a BRCA1 gene mutation.

You can contact the national BRCA-P Study team at BRCApStudy@dfci.harvard.edu

[Click Here to Learn More!](#)

What does it feel like when your bones get weak?



**LEARN YOUR
RISK FACTORS
FOR WEAKENED
BONES**



Nobody can know for sure, until it's too late and you've broken a bone. However, there are a few ways you can learn about your personal risk factors for weakened or broken bones. These risk factors include your age, height, weight, genetics, medical conditions, medicines you are using, and more.

- If you are 45 or over, use the [American Bone Health Fracture Risk Calculator™](#) (AmericanBoneHealth.org/frctigerlily) to learn your risk level of breaking a bone in the next 10 years due to osteoporosis.
- If you are under 45, take the [Bone Health Quiz](#) (AmericanBoneHealth.org/bone-health-quiz) on the American Bone Health website.
- Attend a virtual [American Bone Health program](#) (AmericanBoneHealth.org/events) to learn about how to build and keep strong bones for life
- Learn from Anita and others who had no idea that ____ was a risk factor for weakened or broken bones. [Watch their videos](#) (AmericanBoneHealth.org/ihadnoidea) to see what they have to say!

Take care of your bones now, to help prevent fractures later.

Join Triage Cancer's Beyond Medicine: Your Community & Your Health Webinar

In Part II of the Beyond Medicine series, Triage Cancer will explore more social determinants of health, like work, transportation, school, environment, and literacy, and their impact on our health.

April 27, 2023
11am PT / 1pm CT / 2pm EST
Duration: 90 minutes

[Register for Free](#)

Calling All AYA Writers

Elephants and Tea is currently looking for submissions under the theme of "Sex and Relationships".

How has cancer complicated your relationship with a partner or in the dating scene? How has sex and intimacy changed for you since cancer? In what ways have you been able to adapt to make the most of how your relationships have evolved? Or have you experienced a separation with a partner as a result of cancer?

Submissions are due FRIDAY, MAY 5!

[Click here to learn more](#)

USE YOUR VOICE! Petition to CMS to Reinstatement Breast Reconstruction Surgery Code S2068



Triage Cancer is participating in a coalition of advocacy organizations in an effort to get the Centers for Medicare and Medicaid Services (CMS) to reverse its decision to eliminate the specific billing code for DIEP flap breast reconstruction. This billing change could significantly limit access to DIEP flap breast reconstruction.

[Click here to sign the petition](#)

FORCE XRAY Program

FORCE's XRAY program takes you behind the headlines to bring you reliable information about cancer research-related news and information.

[Learn More About the XRAY Program Here!](#)





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AMGEN



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