



Tigerlily
Foundation
Beauty. Strength. Transformation.

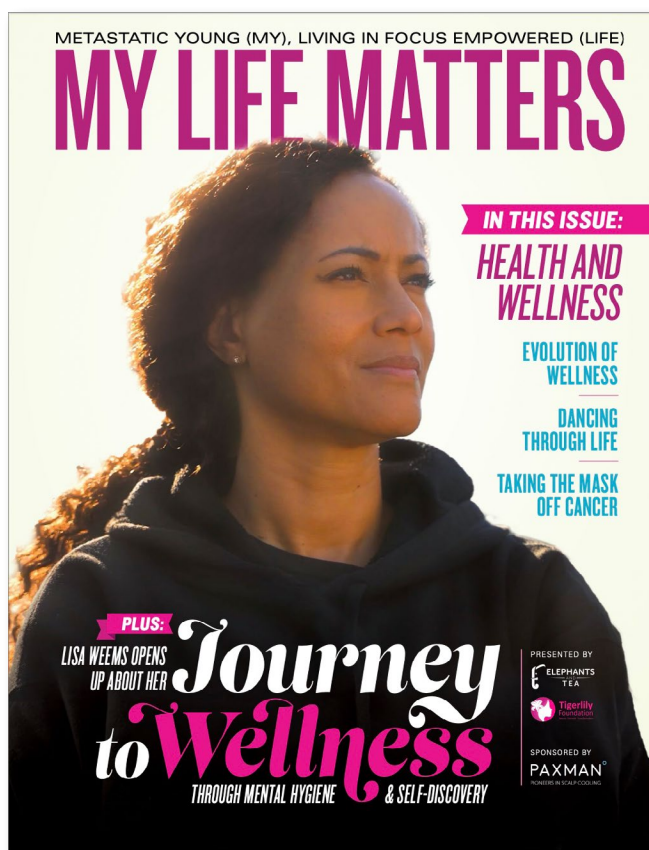
THE WOMAN'S HEALTH ISSUE

MAY 2023



May is Women's Health Month. Throughout the month we invite you to take a timeout for yourself, reduce your stress levels by going for a walk. Check your blood pressure. Get your mammogram. Make your health a priority.

MY LIFE MATTERS HEALTH AND WELLNESS ISSUE



This is an Elephants and Tea & Tigerlily Foundation collaboration focusing on stories regarding health and wellness while navigating cancer. This new issue of MY LIFE Matters highlights the mind-body-soul approach to wellness. In the pages of this magazine, our authors share personal experiences, tips, and insights on how to live your best life when living with or living through cancer. The articles share some of the challenges that are faced in the cancer community as well as the personal evolutions of what wellness means in the lives of our authors. We hope that you feel seen and heard after reading this new issue, and hope that you are able to incorporate one of the many tangible tips into your days as a cancer Thriver.

[Read the full magazine here!](#)

UNSTOPPABLE: The ANGEL Tour

We are excited to invite you to join us for the launch of Tigerlily Foundation's [Unstoppable ANGEL Tour](#)!

Join us in Washington, D.C. on **Sunday, May 21st** for our 'Live Your Bliss'd Life'
Brunch at Wilson Hardware from 12 p.m. – 2 p.m.

We will be kicking off this impactful tour visiting 21 U.S. locations with the highest breast cancer mortality rates for Black women, collaborating changemakers like you to educate, empower and make a change.

Bring a friend or family member, and join us for fellowship, empowerment, food, drinks, breast health tools and life-saving resources! Let's come together for the #UnstoppableANGELTour! See you there!

Limited availability! Get your tickets today!

GET YOUR TICKETS

Tigerlily Foundation
Hope. Strength. Transformation.

UNSTOPPABLE: THE ANGEL TOUR

Taking Hope on the Road to empower Women of Color to become their best self-advocate improving health literacy and access to quality breast health education.

Join Us for the Kick-off Tour Event
Live Your Bliss'd Life Brunch

Sunday, May 21, 2023
12 PM – 2 PM ET

Wilson Hardware Rooftop
2915 Wilson Blvd, Arlington, VA 22201
Metro: Clarendon, Orange & Silver Line

Limited tickets available!
Find an event near you!

UNSTOPPABLE ANGEL TOUR STOPS

- ATLANTA, GA
- BALTIMORE, MD
- CHATTANOOGA, TN
- CHICAGO, IL
- CINCINNATI, OH
- DALLAS, TX
- DETROIT, MI
- DURHAM, NC
- EDISON, NJ
- GOOSE CREEK, SC
- HOUSTON, TX
- LOS ANGELES, CA
- NEW ORLEANS, LA
- NEW YORK, NY
- OAKLAND, CA
- PHILADELPHIA, PA
- SACRAMENTO, CA
- ST. LOUIS, MO
- TULSA, OK
- VIRGINIA BEACH, VA
- WASHINGTON, DC

@tigerlily_foundation @tigerlilyfoundation @tigerlilycares

Enduring Soul #UnstoppableANGELTour

#TLCTransform Twitter Chat

Twitter Chats are created to provide education about breast cancer, MBC, clinical trials, health equity and disparities, and more. Join us on May 10, 8pm – 9pm EST to discuss Survivorship!

Follow our twitter here!

JOIN US FOR OUR #TLCTransform TWITTER CHAT

Survivorship

WEDNESDAY, MAY 10, 2023 | 8PM EST/5PM PST



Dr. Persis Fay
DE&I Program Manager
Tigerlily Foundation
@tigerlilycares



Maricia Cole
Breast Cancer Survivor
& Advocate
@Maricia_Lisa



Neosho Ponder
Tigerlily DMV ANGEL Lead
@PonderOnThat



Evalyn Allela
TNBC Survivor &
ANGEL Advocate
@archieallela



Cassandra Duckworth
Breast Cancer Thriver
@ImSandraD



Jonell Deshotel
TNBC Survivor &
ANGEL Lead
@breastien17






www.tigerlilyfoundation.org

Pull up a Seat Virtual Conversation on Survivorship

Join the Tigerlily Foundation and our panel of patient experts: Maricia Cole, Neosho Ponder, Jonell Deshotel, and Evalyn Allela for their virtual #PullUpASeat discussion on Survivorship on May 12 at 11 am ET. We are delighted to welcome our keynote speaker, Shelley Fuld Nasso, CEO of the National Coalition for Cancer Survivorship.

Click here to register for free!

#PULLUPASEAT

Survivorship

May 12, 2023 | 11:00am - 12:30pm EST



Evalyn Allela



Jonell Deshotel



Neosho Ponder



Maricia Cole



Shelley Fuld Nasso
Keynote speaker



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

ANGEL Highlight

Our very own Dallas ANGEL Lead, Catrina Marcell, received the Spirit of National Breast Cancer Foundation Award for her incredible community advocacy work in the breast cancer space.

Congratulations, Catrina!



Tigerlily x WiTT RAISE Launch!



RAISE

Tigerlily Foundation has partnered with The WiTT Group to create the RAISE (Resources and Assistance for Support and Empowerment) platform! RAISE is a patient-driven tool that makes it easy for a patient to share their financial and non-financial needs, but more importantly makes a patient's needs visible to friends, family, and donors that are willing and able to provide support.



There is no cost to join and use the RAISE platform!

Visit <http://tigerlily.wittforever.com> to join.

To get the support you need, complete these steps:

1

Create a profile

2

Add your needs to your list

3

Share your list with friends, family, and neighbors

With the help of our colleagues at The WiTT Group, Tigerlily Foundation is excited to share our new barrier eradication tool for breast cancer patients, the RAISE platform! Tigerlily understands that breast cancer patients often face challenges that lead to the need to make difficult decisions about paying groceries, childcare, or life-saving medical care. Our RAISE platform supports patients in overcoming these challenges. RAISE (Resources and Assistance for Support and Empowerment) is a patient-driven platform that helps patients list their financial and non-financial needs in a way that can be easily shared with friends, family, neighbors, and colleagues who can then claim those needs that they're able to support. RAISE is free for breast cancer patients to use!

[Click here to sign up!](#)

Advocates in Action with the HEAL Policy COE



Catrina Marcell, Dallas ANGEL Lead Advocate joined Tigerlily to meet with Texas State Legislators at the State Capitol in Austin on April 20th and 21st to discuss Tigerlily's available resources to the community, the importance of incorporating breast health and cancer education and awareness at the State level and the avenues to spread awareness specifically about triple negative breast cancer (TNBC) in their districts.

We'd like to thank the following representatives for their time to meet with us and their willingness to share our resources within their districts:

Representative Angie Chen Button and her Legislative Aide, Sierra Shoaff



We'd also like to make a special thank you to Rep. Button and Rep. Collier for their authorship and work on their fertility preservation bills, H.B. 389 and H.B. 1649 this year which would mandate that insurance providers in Texas cover the cost of fertility preservation for cancer patients!

And another special thank you to Rep. González and Rep. Collier for their work to introduce the resolution for Triple Negative Breast Cancer (TNBC) Awareness Month for the month of March and their efforts to urge all Texans to learn more about TNBC in 2023!

Policy Update: DIEP Flap Reconstruction Surgery

Thank you all for your continued work and support to ensure DIEP Flap reconstruction access is not diminished by CMS' recent changes. On May 2, CMS announced that they are reexamining their decision to sunset the S code for **DIEP flap reconstruction** and are seeking public input at a June 1 public meeting! This is excellent news for patients and is a direct result of all the work advocates, advocacy groups and professional groups have been doing to raise this issue and say, "No, we need to protect patients' access to these surgery options." This is a small victory in this work, but we must continue!

From CMS' announcement about the public meeting: "CMS welcomes input from all interested parties, including providers and health insurers. CMS understands that a cancer diagnosis is extremely challenging, both physically and emotionally, for patients and their loved ones and works to ensure that coding decision support providers and payers in efficiently and effectively submitting and processing claims in the provision of access to care for their patients."

Tigerlily will be providing comments, but we are also encouraging our partners and individuals to share their perspective by sending comments to HCPCS@cms.hhs.gov by 5pm on June 1, 2023. Please use your comments to address the access obstacles that you, your patients, or your stakeholders are experiencing.

We've been working with the National Coalition for Cancer Survivorship and the Community Breast Reconstruction Alliance on this issue and thank them for their and other's leadership and collaboration. Together, we can make change!

For any questions or assistance in providing comments, please contact HEALCOE@tigerlilyfoundation.org

#InclusionPledge Corner

The #InclusionPledge provides a transparent and tangible framework across stakeholders to identify and track equity actions, holding organizations accountable to making specific, measurable outcomes that will result in dismantling systemic barriers and co-creating solutions that will result in health equity for Black women and end disparities in our lifetime.

We believe that literacy, financial barriers, access, social, systemic and hereditary backgrounds should not be determinants of life and health equity. Particularly as patients are impacted by COVID and post COVID pandemic repercussions, the pandemic has had and will continue to impact health disparities for black women within the cancer research and cancer care ecosystem. In order to continue to accelerate and make an impact as it relates to disparities and Black women, the #InclusionPledge is imperative

We invite you to sign the pledge and get involved. Here are a few ways our #InclusionPledge partners are working to dismantle systemic barriers.



This month, we recognize Step-Ya's study to improve access to care through their online educational program intended for cancer survivors (ages 20-39) coping with insomnia.

Sleep Treatment Education Program-YA (STEP-YA): A Research Study for Young Adult Cancer Survivors with Insomnia

What is STEP-YA?

STEP-YA is a study for young adult cancer survivors who are experiencing insomnia (difficulty falling or staying asleep). We know insomnia can be a problem for some cancer survivors. The purpose of this study is to learn if a single online education session, with or without two coaching sessions, will be useful for improving cancer survivors' sleep.

What is involved in STEP-YA?

STEP-YA involves a single, online educational session for all participants. STEP-YA teaches survivors how to make changes to sleep habits and behaviors in order to improve sleep. Participants in this study will be randomized to the STEP-YA session either alone or with two telephone coaching sessions. Randomization is like flipping a coin, and you would have an equal chance of being in either group. Study investigators do not know in advance which group you would be in.

Participation in the study involves:

- » Taking part in a one-on-one session using the Zoom videoconference platform, during which you will also complete a brief online questionnaire. This session will take approximately 90 minutes. At the end, you will complete a brief survey for which you will receive a \$10 gift card.
- » If you are randomized to receive coaching, completing coaching phone calls one and two weeks after the education session.
- » Completing brief (<10 minutes) follow-up questionnaires online with a short phone call 1 and 2 months after the education session. You will receive a \$25 gift card upon completing each follow-up questionnaire.

About 74 people will take part in this study.

No medications are involved in this study.

Your participation is completely voluntary. If you decide not to participate, it will not affect your relationship with the hospital or your doctors in any way. You can stop participating or choose not to answer any questions at any time.

You may be eligible if you:

- » Are a cancer survivor age 20-39.
- » Have had no cancer therapy in the past 4 months or planned in the future.
- » Are experiencing sleep problems.

Are there any risks to being in the study?

It is possible that some people might experience a brief period of increased fatigue as they make changes to their sleep, but this typically resolves after a short time. Confidentiality can be a risk with any research study, but we take precautions to protect your privacy, as described below.

Are there any benefits to being in the study?

Some people may experience improved sleep after participating in the study, but others may not. We hope the information learned will lead to effective insomnia treatment to help young adult survivors in the future.

What about confidentiality?

Your responses to the questionnaires will not be shared with anyone or used for future research studies, and will be stored only by a study ID number. In addition, the Department of Health and Human Services has issued a Certificate of Confidentiality insuring the study team cannot be forced to disclose information that could identify participants in civil, criminal, administrative, legislative or other proceedings. The results of this research study may be published and you will not be identified in publications. A description of this clinical trial will be available on <http://www.ClinicalTrials.gov> as required by U.S. law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

How do I join or what if I have questions?

If you would like to participate or have questions, you can email or call the contacts listed below and a study coordinator will get in touch with you. You will be asked a few questions to determine whether you are eligible for this study. You can contact the Principal Investigator, Christopher Recklitis, PhD at (617) 582-8260.

✉ STEP@dfci.harvard.edu ☎ (617) 582-8260

Contact step@dfci.harvard.edu if you're interested!

Pure Cat Wellness Workshop on May 24



PURE CAT
LET LOVE BE YOUR FREQUENCY

Wellness Workshop

Wednesday, May 24, 2023 | 6pm - 7pm

**Stressing about nutrition?
Let's start a conversation!**

This is an interactive nutrition and wellness workshop, and for the pilot class, we will be discussing stress management, discovering strategies and leveraging resources to best serve you and your circumstances.

Rachael Geiger
Health and wellness coach

Rachel Geiger of Arlington, VA will be joining our Pure Cat team for a Wellness Workshop on Wednesday May 24th 6-7PM EST. Rachel is a health and wellness coach (certified by the American Council of Exercise) with a masters in human nutrition and food science. She is passionate about helping women learn to love and accept themselves, learn more about their bodies, and gain confidence they can make the changes to live the life they want.

Workshop description: Stressing about nutrition? Let's start a conversation! This is an interactive nutrition and wellness workshop, and for the pilot class, we will be discussing stress management, discovering strategies and leveraging resources to best serve you and your circumstances.

This will be an opportunity to get to know you, what you are interested in regarding nutrition and wellness, and how we can best support you!

Recommended audience: Women who are interested in making changes in health, wellness, and nutrition.

[Register for our classes here!](#)

Partner Corner

Dana Darber BRCA-P Study



Breast Cancer Prevention Study

BRCA-P BRCA1 Breast Cancer Prevention Study

BRCApStudy.org

Version Date: 02/10/2023
A211801

Women with a *BRCA1* mutation have a 50–70% lifetime risk of developing breast cancer.

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

The study will be conducted at more than 30 research sites across the United States. About 2,918 women from around the world will participate in the study. We encourage women of diverse backgrounds to participate in this study, so that it fully represents all populations affected by *BRCA1* mutations.

If successful, our study can give future generations a new option to reduce breast cancer risk without surgery.
Join us to help make a difference.

Page 1 of 1

The BRCA-P study can help researchers find a non-surgical way to reduce breast cancer risk in women with a BRCA1 mutation. Thank you for considering participation in this study. If you decide to think further about enrolling in the study, we can assure you that your participation will help advance the latest breast cancer research for future generations!

If you are interested in learning more about the study or have any questions, please contact a member of the local study site team. Feel free to refer to friends and family members.

[Click here to learn more](#)

Unite for HER: Digital Education Events

Digital Education Events April 2023



As we enter the Spring season, our focus is on spending quality time with our furry friends, delving into the scientific research behind medical marijuana, and determining the best sunscreen brands for your care.

Program topics include:

- **Discovering Pet Therapy and the Benefits of Our Furry Friends** with Lisa Serad, Program Coordinator of the Gerald B. Shreiber Pet Therapy Program at CHOP
- **Demystifying Medical Marijuana** with expert panelists, Dr. Wilson-King, Dr. Sulak, and Dr. Williams-Park
- **Sunscreen Safety** with Unite for HER Beauty Advisor, Jolene Hart



Free live virtual cooking classes

Join our team of registered dietitians to discover new recipes and answer your nutrition questions!

5/1 @ 1 PM ET

5/6 @ 11 AM ET

5/20 @ 11 AM ET

5/25 @ 6 PM ET

Education Events



Discovering Pet Therapy
with Lisa Serad, MS



Demystifying Medical Marijuana
with Dr. Wilson-King, Dr. Sulak,
and Dr. Williams-Park



Sunscreen Safety
with Jolene Hart



610-883-1177
uniteforher.org
info@uniteforher.org

Unite for HER offers a variety of virtual education programs, all programs are free and saved on their YouTube channel!

[Learn more about the digital events here](#)



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AMGEN



sanofi

Lilly



MERCK



Seagen®