



THE MOVEMENT ISSUE

SEPTEMBER 2023



**Tigerlily
Foundation**

Beauty. Strength. Transformation.

THE MOVEMENT ISSUE

September is all about movement and routine. As we move into a new season, we look to the coming months with anticipation. Open our latest newsletter and see how we intend to stretch ourselves in the coming months.

Advancing Breast Cancer Equity Through Patient Navigation at the Congressional Black Caucus Foundation's 52nd Annual Legislative Conference in Washington, DC



Advancing Breast Cancer Equity Through Patient Navigation

Congressional Black Caucus Foundation – Annual Legislative Conference



Hosted by Representative
Jasmine Crockett (D-TX)

**Thursday,
Sept. 21, 2023**

11am - 12pm ET, Meeting Room 145A



Panelists:

Maimah Karmo – TNBC Survivor, CEO, Tigerlily Foundation

Ricki Fairley – TNBC Survivor, CEO, TOUCH The Black Breast Cancer Alliance

Shonta Chambers, MSW – Executive Vice President, Health Equity Initiatives and Community Engagement, Patient Advocate Foundation

Sandi Pruitt, PhD – Associate Professor and Associate Director of Community Outreach, Engagement, and Equity in the Harold C. Simmons Comprehensive Cancer Center, UT Southwestern Medical Center

Jamie Brewer, MD – Medical Oncologist and Clinical Team Lead in the Division of Oncology, Office of Oncologic Diseases, FDA

Moderator:

Dr. Monique Gary, DO – Breast Cancer Oncologist, Medical Director of the Grand View Health/Penn Cancer Network Program

This is an in-person event and attendees must preregister at www.cbcfinc.org/events/annual-legislative-conference

Light refreshments will be provided.

Join Congresswoman Jasmine Crockett, Maimah Karmo, Dr. Lola Fashoyin-Aje, Dr. Sandi Pruitt, Ricki Fairley, Dr. Monique Gray, and Shonta Chambers for a panel discussion on **September 21, 2023 at 11 am – 12:00 pm in Room 145A of the Washington Convention Center** to examine the barriers Black women face when accessing breast cancer care, and highlight the positive impact patient navigation services can have on reducing inequities experienced by Black women with breast cancer. Panelists will also highlight how federal investment can support early diagnosis, timely treatment initiation, and access to quality breast cancer care, and examine how health policy reform can reduce inequities experienced by Black women in their care journey.

[Register Here](#)



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Congressional Black Caucus Spouses Community Breakfast & Health Fair

Join the Congressional Black Caucus Foundation's Community Breakfast & Health Fair from 7:30-10:30 am on Sept. 21, 2023 at the Franklin Park (I Street between 13th and 14th Streets NW).

Founded by the Congressional Black Caucus Spouses, this partnership between the CBCF and a local transitional center provides services to 300 men and women who are unhoused and/or low income in Washington, D.C. At this event, CBC members, CBC spouses, sponsors, and CBCF staff serve breakfast while community partners provide health screenings to the attendees.

The health fair aims to include HIV/AIDS testing; screenings for blood pressure, prostate, diabetes, and glaucoma; flu shots; and dental and podiatry exams. Also included are wellness services including chair massages and haircuts. Additionally, because of the increase of women seeking services at the Community Breakfast, we will offer a specific area for women's needs.

All attendees receive a care package of toiletries at the end of the event.

The Downtown Day Services Center offers on-site support for individuals experiencing homelessness by providing a multitude of services within a single point of access including showers, laundry, restrooms, phone, computers, emergency clothing, vital records, medical, harm reduction, and housing guidance.

Tigerlily is proud to participate as a partner in this event.


Congressional Black Caucus Foundation
Lifting Up. Leading Forward

CBC SPOUSES COMMUNITY BREAKFAST & HEALTH FAIR





SPONSORED BY
 Bristol Myers Squibb  

JOIN US

Thursday
September 21, 2023
7:30AM - 10:30 AM


About Our Event

Founded by the Congressional Black Caucus Spouses, this partnership between the CBCF and local transitional centers provides services to 300 men and women who are unhoused and/or low income in Washington, D.C. At this event, CBC members, CBC spouses, sponsors, and CBCF staff serve breakfast while community partners provide health screenings to the attendees. The attendees receive a care package of toiletries at the end of the event.

 **Visit cbcfinc.org/alc to learn more!**

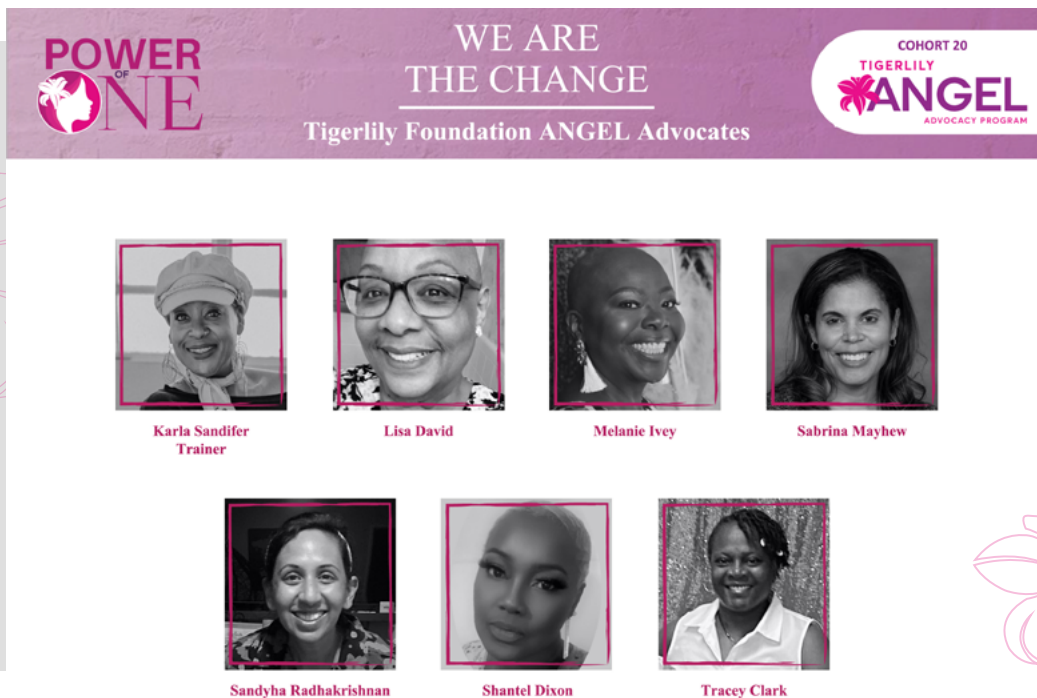
What's Included:

- Mammograms 
- Screenings for blood pressure, prostate, diabetes, and glaucoma 
- Flu shots 
- Dental Information 
- Wellness Services including haircuts and chair massages 
- Free Hot Breakfast & Grocery Distribution 

Franklin Park
I Street between 13th & 14th Streets NW - Rain or Shine


Congratulate our newest ANGEL graduates!

Welcome to our newest ANGEL advocates! Cohort 20 graduated August 23, 2023 under the expert and enthusiastic guidance of new trainer, Karla Sandifer! Sabrina Mayhew is located in Birmingham, MI and found out about our program through the ANGEL Unstoppable Tour. Tracey Clark and Lisa David of Albany, GA were referred to us by the fabulous ANGEL advocate, Monique Wilson. Melanie Ivey of Decatur, GA also found us through the Unstoppable Tour and wants to “educate and empower communities” through her advocacy work. Sandyha Radhakrishnan resides in La Canada Flintridge, CA and works as a health care provider in a hospital with a significant minority population. Shantel Dixon of Miami, FL “would like to educate people on my experience in hope of helping others like myself who don’t know what to do or where to turn.”



Are you interested in joining our next ANGEL cohort?

Do you want to make a difference in the lives of others by becoming an empowered patient advocate? You can begin your journey by joining our army of ANGEL advocates! Our next training cohort begins **Monday Sept 11th at 5:30PM EST** and will be facilitated by new trainer, Christina Mackey. If you want to register for this training and have completed the ANGEL advocate application process, please email amanda.e@tigerlilyfoundation.org. If you know of someone who would make a fantastic ANGEL advocate, encourage them to apply and join the training.

Apply to be an ANGEL here!

TIGERLILY'S INAUGURAL BEACON SYMPOSIUM: TRANSFORMATION WITH PATIENTS LEADING IN HEALTHCARE



NOVEMBER 11 @ 8:00 AM - 3:00 PM EST

Grant Hyatt
1000 H St NW
Washington, DC 20001

The Tigerlily BEACON Symposium is defining what nirvana looks like for patient-centric care in the real world by bringing patient advocates, health systems, providers and science together to co-create better solutions today. Together, we are the BEACON of hope and light that drives us forward to health equity.

We invite all patients, caregivers, patient advocates, healthcare providers, community-based organizations, non-profit organizations, community leaders, researchers/scientists, policy makers, and partners to attend this free Symposium. Breakfast and lunch included.

[Free Registration Here](#)

Tigerlily's 11th Annual EmPOWER Ball!



Join Tigerlily Foundation at the Annual EmPower Ball, as we celebrate patients, providers, supporters & raise funds for programs supporting young women – before, during and after breast cancer; and work to end disparities in our lifetime.

November 11, 2023 | 6-11 PM EST
Grand Hyatt - Washington, DC

Early bird tickets available [here!](#)

Learn more about Sponsorship opportunities [here!](#)



Join us in welcoming Shawn Yancy as our
Mistress of Ceremonies for our highly
anticipated EmPower Ball!

Unstoppable: The ANGEL TOUR



The UNSTOPPABLE: ANGEL TOUR focuses on reaching Black women in the top 21 cities that have the highest need for breast health education, resources, and tools for self-advocacy. Tigerlily Foundation will host a variety of events across these cities for every woman affected by breast cancer – patients, thrivers, family and friends! The ANGEL Tour will offer a range of activities, including brunches, lifestyle summits, faith-based engagements, conferences, and community installations that will include powerful speakers and inspirationally curated events embedded within each city.

Learn more about how you can BE THE CHANGE as an [ANGEL Advocate](#)

Visit the ANGEL Unstoppable Tour page for information on events near you!

9/24
9/30 - 10/1
10/13
10/14
10/21 - 10/22
11/11 - 11/12

[Houston, TX](#)

[Dallas, Fort Worth, TX](#)

Oakland, CA – Details Coming Soon!

New York, NY – Details Coming Soon!

Edison, NJ – Details Coming Soon!

Atlanta, GA – Details Coming Soon!

10/17 Save the Date—Tigerlily's Young Women's Breast Health Day on the Hill



Tigerlily's HEAL Policy Center of Excellence and patient advocates will be in Washington D.C. raising our voices and advocating for the Triple-Negative Breast Cancer (TNBC) Research & Education Act on October 17th! Join us at the Capitol Visitor Center on October 17th for lunch and a discussion with leaders in TNBC equity. Registration link, speakers and agenda coming soon to our website

Keep an eye on our website for more info!



Tigerlily in the Community



The Tigerlily Foundation has been out in the community sharing current research projects with top leaders and public health professionals. Research Manager, Virginia Leach, attended several conferences this year. In August, Virginia attended the 2023 American Society of Clinical Oncology (ASCO) Breakthrough Conference in Yokohama, Japan. Among 100 presentations, Virginia shared project insights detailing how Black women are delayed, dismissed, and denied care within and beyond the cancer continuum of care.

More specifically, she discussed the unique care challenges experienced by Black women during chemotherapy and radiation. 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.

Ready. Set. Walk with Ivy Vine Charities and Tigerlily Foundation

A poster for the 5K Walk for Breast Cancer. It features a woman's legs in a running pose. The text '5K WALK for Breast Cancer' is prominently displayed. The event is on Saturday, October 7, from 10:00 AM to 12:00 NOON, with a \$25 fee per person. The location is Martin Luther King, Jr. Recreational Park, 1120 Jackson Road, Silver Spring, MD 20904. Registration and payment information is provided, including a link to the eventbrite page and contact information for Ivy Vine Charities, Inc. The poster also mentions that the event is a three-mile walk and open to the public, and that a portion of the proceeds will benefit the Tigerlily Foundation.

On Saturday, October 7, 2023, Ivy Vine Charities will host its yearly 5K Breast Cancer Walk to be held at the Martin Luther King Jr. Recreational Park in Silver Spring, Maryland. Each year, the local community in Montgomery County, Maryland comes together to make an impact towards ending breast cancer. ALL ARE WELCOME TO JOIN. THIS EVENT IS OPEN TO THE PUBLIC. IVC's, annual 5K Breast Cancer Walk provides resources and education on healthy living for breast cancer prevention, for empowerment for those diagnosed with breast cancer, and for support for breast cancer survivors. It is a one-day 3-mile walk that is open to the public. This year, we will be partnering with the Tigerlily Foundation.

Register Here and Bring Your Sneakers!

Pure Cat Classes

Join us for our diverse offering of free, online health and wellness classes by joining our Pure Cat program. You can take classes in real time or anytime by watching the recordings in the media library. If you have a suggestion for a new Pure Cat class, know a certified instructor, or are a certified instructor please contact amanda.e@tigerlilyfoundation.org. We're always interested in adding new offerings. Be sure to check out our September calendar – our partnership with The Smith Center has allowed us to add some additional support groups and other classes!

Do you participate in Pure Cat classes? We'd love to hear from you! Please email amanda.e@tigerlilyfoundation.org and tell us why you love Pure Cat classes and why you'd recommend them to others!

“

“Me encanta la clase de baile, sobre todo porque puedo bailar salsa, merengue y cumbia porque me encanta esa música que conozco y con la que crecí. Me hace feliz, alegra mi día y me ayuda a relajarme.”

In English:

I love the dance class, especially because I get to dance salsa, merengue, and cumbia. I love that music that I know and grew up with. It makes me happy and brightens my day and helps me relax.

Elbia

Pure Cat Monthly Schedule

Weekly Virtual Events (EST)

- ✦ Mondays 4:00pm Yoga with Valencia
- ✦ Wednesdays 9:00am Zumba with Joyce
- ✦ 1st and 3rd Wednesdays 6:00pm Nutrition & Wellness with Rachael Geiger
- ✦ Thursday 5:30pm 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

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  @tigerlilycares
  @tigerlilyfoundation.org



Sign up for
classes here



PURE CAT
LET LOVE BE YOUR FREQUENCY



Sign up for our free classes today!

Tigerlily \$100 Giveaway!

As we continue to provide quality programming and resources to our community, we would love to receive your feedback. Please take three minutes to complete this survey and enter a chance to win \$100!

[Click here to complete our survey](#)

Book Club facilitator needed

The Pure Cat program is interested in adding a bi-monthly book club. If you have interest and experience in facilitating/hosting a book club please contact amanda.e@tigerlilyfoundation.org.

Partner Corner

People, Places, and Breast Cancer: The Pathways Study and how our communities impact survival and quality of life

Thursday, September 21, 11:30 am-1:00 pm PT/2:30-4:00 pm ET



FREE WEBINAR

People, Places, and Breast Cancer:
The Pathways Study and how our communities impact survival and quality of life

Candyce Kroenke
ScD, MPH
Kaiser Permanente
Northern California,
Division of Research

Salma Shariff-Marco
PHD, MPH
University of California,
San Francisco & Helen
Diller Comprehensive
Cancer Center

✓ **Thursday, September 21, 2023**
🕒 **11.30 AM - 1.00 PM PT**
Register now at : zbclink.org/PathwaysForum2

 pathways
a study of
breast cancer
survivorship

 KAISER
PERMANENTE®

 zero
breast cancer

Please join Zero Breast Cancer and Kaiser Permanente Division of Research to learn how the communities we live in play an important role in the length and quality of life after a breast cancer diagnosis, with more than 30 minutes for your questions.

[Learn more & register](#)

Living Beyond Breast Cancer Knowledge is Power: The Black Breast Cancer Experience



This three-part series features discussions about disparities in breast cancer care, how to get the care you deserve, and strategies for living well beyond your diagnosis. Speakers include leaders from our partner organizations, researchers, medical and wellness experts, as well as Black women diagnosed with breast cancer.

Next event: Thu, Sep 21, 2023 | 7:00 pm to 8:30 pm ET

[Click here for more information!](#)

Tigerlily Foundation as Authenticator of Community Perspectives on Global Health Equity

OPRG | Atlantic Insights

The Intersection of Health Equity in Communities & Business Strategy: A Call-to-Action

Trends and insights based on a 6,001-person, four-country study, co-created and co-led by health equity experts closest to communities



The report: The Intersection of Health Equity in Communities & Business Strategy: A Call-to-Action – can be viewed now!

[Visit the Atlantic's post to learn more!](#)

Tigerlily in the media

Patients Are Speaking, And We Must Listen - By Maimah Karmo



Click below to read an insightful article on the various roles of patients, from patient-to-patient support programs to patient advocacy boards that can enhance medical research.

[Click Here to Read to Op-Ed on Clinical Leader](#)



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