Tab 1

Tina’s story and updates

- **2.23.25** Hi Everyone - Mom passed away peacefully this morning at 8:19 a.m. in the care of hospice. She went exactly like she hoped - peacefully and comfortably. She was moved to the hospice facility last night around 8 p.m. They called and said she was in a lot of pain, but they were getting her situated and would call if anything changed. We got a call around 1:30 a.m. encouraging us to come in as she was nearing the end. My dad and I went in and got to be with her. There was a lot of peace and closure in that time, although it was the most difficult thing we’d ever done. We knew we made the right choice and gave her the gift to go peacefully and pain free, which was a redemptive moment amidst this horrible journey. She did not pass while we were there, so we went home to rest until the morning.

  As my dad, Charlie, and I were getting ready to head over to see her, we got the call that she had passed away at 8:19 a.m. It didn’t surprise me as the day before all three of us had visited her in the hospital and she told my dad that he didn’t need to be there in the middle of night if she was dying… she couldn’t help but give him direction even on her last day. 🙂 She was able to give us the gift of final conversations this past week, letters, and 28+ years of love and memories to carry us for a lifetime.

  We are heartbroken to say the least. There really are no words. These past eight months have been the biggest challenge our family has ever faced. My mom fought the greatest uphill battle and knew her body well enough to know when her fight was up. The suffering she experienced and what we witnessed is indescribable, so we are thankful she's finally healed and at peace with her mom, sister, and dad.

She will always be with us and lives in and through us. Over these past eight months I have learned just how truly special she is. We are all so lucky we got to call her wife, mom, friend, coworker, and so much more. She left a mark on people with her positivity and care, and always made people feel loved. Not to mention she had a fantastic sense of humor to boot.

I can't express how much we love each and every one of you and how much she loved each and every one of you. Relationships were of utmost importance to mom and it has shown through the outpouring of love and support we have all received. Thank you doesn't suffice, but it's all I've got right now. At this time we are processing and grieving the loss of her, as well as the past eight months we have been navigating as a family. Her wishes are to get back to beautiful and sunshiney Florida, so in due time we'll make our way back with her to the place she loved the most.

Again, thank you for the love and support throughout this journey. We couldn't have gotten through it without you and we'll continue to treasure our relationships with you as we navigate life without her here earthside. We love you all and mom really did, too.

- **2.22.25** Hi All - Mom came to the decision to stop treatment and care and enter hospice tonight. We consulted with her doctors at the hospital and her oncologist who both wholeheartedly support this decision. She desires peace and to be pain free with the time she has left, which is what hospice care will provide for her. As a family we know in our hearts that this is the right decision for her. Witnessing her suffering has been the most difficult part of this journey, so to honor her wishes in any way we can is all that we desire to do at this point. Her oncologist informed us that her tumor marker scores have increased exponentially since January and her lungs continue to fill with fluid, which are indicators that the cancer is aggressively spreading through her body, further supporting her decision to end treatment. The blessing in all of this is that she has been coherent enough to express her wishes to us, so we feel confident in moving forward.
  We continue to appreciate all of the prayers and support. She has expressed that she wants my dad, Charlie, and I to visit her, but no one else at this time. What you can continue to do is pray for peace and relief of pain. It’s our hope to gift her that in this next phase of her journey. We also ask that you all give our family time to process this and be with her as much as possible. We appreciate the calls and texts of care, but please understand that if we aren’t responsive that it’s because we’re only focused on her right now. I do go through her phone, so if you’d like to write a note to her via

text I will read them out loud to her when I visit as I see fit. Again, thank you for the love and grace you all have shown our family during this time. We're grateful for you, and I know she is, too.

- **2.21.25** Hi All - Quick update for you today - Dad's hip surgery went great. He had a lot of bone spurs and arthritis in his hip, so he's felt a lot of pain relief already. His recovery has been normal and he's up and moving just fine. As for mom, she was moved from the cardiac ICU to her "normal" cancer room yesterday. Her body is not healing well and she's in a lot of pain. This weekend my dad, Charlie, and I will be consulting with doctorsg for next steps. Mom is mentally all there, but is not eating and is physically in a lot of pain. Options are dwindling and we're definitely at a crossroads. Pray for our decision making as a family and that we do what's in the best interest of her and that we're able to honor her wishes to the greatest extent possible. Pray for mental and physical peace for mom as she decides how she wants to move through this next step of her journey. Thank you all for the continued love and support.
- **2.18.25** Hi! Wanted to share a brief update since it's been a few days. Mom had a successful stent surgery a week ago. She remained in the hospital an

additional day for monitoring and to continue to work on reducing the swelling from her blood clots. She went home on Thursday. She had a good weekend as friends from Florida came to visit her, lifting her spirits. I arrived on Sunday and Charlie spent the weekend visiting, too. She physically still had a lot of pain in her legs from the clots and struggled to begin eating again, but was stable through Monday. She went in yesterday and got her chemo infusion as well as treatment to continue to break up the blood clots and reduce the swelling in her legs. It's very difficult for her to walk because of the swelling and pain she feels in her legs, so any treatment for relief is warmly welcomed by her. After treatment she had a great night. She ate more than she ever had and was up chatting with my dad and I during dinner. Unfortunately this morning she woke up struggling to breath despite my dad draining her lung (which usually provides immediate relief). We called paramedics and she's been admitted to the hospital to be treated. The paramedics cgave her a breathing treatment on the way. She's been stabilized, but the sensation of feeling like you're drowning and actually being unable to breath is scary. She was taken to CDH's emergency department where they determined she has pneumonia (again) in both lungs. She's currently admitted and in the cardiac ICU receiving treatment. We're bummed because she was supposed to get her PET scan tomorrow to determine how effective treatment has been, but that's been cancelled. She's exhausted and weak right now, which is making her recovery quite the challenge. Continue to pray for her mental and physical strength. That her lungs would heal so she can breath clearly. For the doctors who are caring for her to have wisdom and a way to make a path forward. We're at a major low in this journey right now… unsure what her future looks like and what the next best step is. Just continue to pray for peace, comfort, and strength as we all navigate this next week. Love you all and thank you for the support. ❤️

- **2.10.25** Hello! We had another whirlwind week with lots of ups and downs. Mom had a relatively normal (whatever that means these days 😂) week until Friday. The swelling in her legs and groin from the blood clots was not letting up, so after she got her chemo infusion, her oncologist advised her to go to the ER to get checked out. They admitted her and proceeded to give her a higher dose of blood thinners to try to break down the clot. We all learned that it can take up to three months for a clot to dissolve, but she should experience pain relief and reduced swelling in the next few weeks. While she's in the hospital, they revisited her inability to eat normally due to her esophagus. She lost a lot of weight quite rapidly, so getting her proper nutrition has been a concern at the forefront of our minds. My mom and dad spoke with the GI doctors about a feeding tube, stretching the esophagus again, and/or having a stent installed to keep the esophagus open. They landed on the stent since that will hopefully give her the best chance at being able to eat "normally". She will get this surgery tomorrow night as long as the doctor's schedule is moving accordingly, which we've learned is atypical. One positive is that the fluid in her lungs has stabilized. She hasn't been needing either lung to be drained as often as she used to, which is a good sign. Now to actually treating the cancer - Her oncologist okayed her for treatment this week, so as long as everything goes smoothly, she'll have an infusion on Thursday. We anticipate her being in the hospital through Wednesday due to the stent surgery tomorrow, and then them wanting to monitor her overnight. Those are all of the main updates. It's frustrating that all of these other medical issues are popping up and getting in the way of her treating the cancer, but she can't fight well unless these other issues are taken care of. We're always taking it day by

day and remain hopeful that as both my mom and dad continue to advocate for her best interests that things will head in the right direction. I'll be heading up to Illinois on Sunday to be with them for two weeks since my dad's getting his first hip replacement and mom will need care, too. I'm looking forward to it. Please pray for mom's blood clots to shrink, fluid in her lungs to decrease, a successful stent surgery and her ability to eat/drink normally to be restored, and for her mental strength. Please pray for my dad's hip surgery to be successful with no complications and that he feels pain relief quickly. We're in desperate need of a health win in this family! 😉 I know I say this every time, but thank you for the texts, calls, and love you send our way. There's a lot of balls we're juggling, but know that we all appreciate your kindness to our family. I will keep you all updated on how this week goes. ❤️
- **2.3.25** Hi! Last Tuesday mom had her oncologist appointment in downtown Chicago to check in. Her doctor feels good about the new drug she's on to treat the cancer and referred her to a GI doctor to get a second opinion on her esophagus/GI issues. On Thursday she went in to get her lung drained prior to chemo, which was successful. However, after the drain, she had felt tightness in her chest that was

different than she’d felt before. Her nurse called and told her she needed to go to the ER to be checked out. Essentially after an EKG, x-ray of her chest, and other tests, they found multiple blood clots in her legs and groin area. This can be caused by the cancer itself or the treatment, but luckily they caught these and were able to get her on blood thinners to break them up. She had to stay a night in the hospital to be monitored, and was discharged on Saturday. She’s now on a blood thinner to ensure that no other clots develop. On a positive note, she’s making progress in other areas - she has a sorority sister who’s a dietician who’s helping her identify how to supplement her nutrition to gain weight and continue to rebuild strength. Also, she was able to get a wheelchair which will allow her to get outside a bit more and maneuver easily as her strength comes back. She’ll also have a steady stream of visitors, which I think is the most important piece of the puzzle as her people mean the world to her and it’ll help keep her mental health in a good place. She has been on a tough road and January felt like it was a million years long, so we’re hopeful that this month will be as uneventful as possible and uplifting for her spirits. I don’t know how she does it, but she’s remained so positive and has assured me she believes there are better days ahead. I find myself taking her lead and drawing strength from her positive mindset. Thank you all for the continued prayers, texts, check ins, and willingness to help our family. I will never ever stop saying how grateful we are for such a loving and supportive community around us. This is a trying time, but we feel comforted, held, and supported through it all. I will update you later this week. 🙂

- **1.27.25** Hi! It's been a minute since I've updated and it's because thankfully, things have been relatively uneventful these past few days. Mom had her chemo infusion last Thursday and did well. She didn't feel too crumby afterwards, which was a positive. She had a lowkey weekend at home and is back to her typical appointments this week. She goes to her doctor that's located in the city tomorrow for a check in, she has another round of chemo on Thursday, then her PET scan Saturday, which will give us huge insight into where the cancer is and whether or not it has spread. We're thankful mom is feeling relatively good - her back is sore in the morning, most likely due to her lungs and location of cancer, so my dad has become a pro lung drainer, which is a daily occurrence. All in all they're hanging in there. Since my dad is feeling a bit left out of the Vasbinder medical ex maladies, he's getting his first of both hips replaced in about a month. 😉 Winnie and I will be heading up to Chicago to support as he recovers (hopefully quickly for all of our sakes - again, I'm just kidding haha). It'll be a wild month, but I'm confident we'll be able to make it through. Continue to pray for mz so om's strength to increase, her treatment to be effective, and that each of us has the mental strength and hope to keep moving forward each day. Thank you all for checking in and continuing to support us. It means the world. ❤️

- **1.22.25** Hello! Mom was in the hospital from Thursday-Sunday. On Friday, she had another endoscopy procedure where they removed more food that was lodged in her esophagus and stretched it out again. They got it to 18 mm, which was great news since it reduces the risk of her not being able to pass food. My mom and dad decided it would be best to get a second opinion on all these GI issues since they're recurring and potentially hindering her quality of life (causing pneumonia/aspiration). They also found that she had pneumonia (again), which was contributing to the fluid in her lungs and low oxygen levels. A little funny story - her nurse said that because her dip nails were so thick that it might be causing the pulse oximeter to miscalculate her oxygen levels - she'll be getting them removed here soon to see if it truly makes a difference. Since she's been in home from the hospital she's been feeling okay. She's lethargic and small tasks take it out of her, but she's so happy to be back in her own space. Tomorrow she'll be getting her chemo infusion, which is the only doctor's visit for the week. Both my parents decided to reschedule her scan for February 1st since the past few weeks have worn her out. Like I'd mentioned before, we won't know if the new chemo is working for a while, so her doctor was okay with bumping back her scan. Continue to pray that her mental and physical strength will grow. A more specific prayer is to remove the anxiety around eating/drinking again - she's nervous to eat since every time she does it seems more food gets stuck in her esophagus. Continue to pray that the chemo is effective at keeping the cancer at bay and that her lungs continue to strengthen so she can breathe easier and not feel so lethargic. Thank you all for checking in on my family and I - we appreciate all of the love and support we've received and are so thankful to have you in our lives. I'll update you all this weekend. 🙂

- **1.17.25** Good morning! Mom was more determined than ever to get her chemo yesterday and gosh darn it she did it. I never had a doubt because if you know her, you know she's going to make👏it👏happen👏 .

Before administering the chemo she had to have her lung drained as they were concerned about her low oxygen levels (typically caused by fluid), but she drained it and got her infusion. Unfortunately they were still concerned about her oxygen post-treatment, so they admitted her to the hospital again. She only has one drain on one lung and they believe her other lung is filled with fluid, so my thought is a drain will be installed on the other lung, too. We won’t know how this chemo drug is working (Trodelvy) for a few transfusions, but we’re hoping it ceases the spread of the cancer and it will (potentially) reduce the fluid fill up in her lungs. This week has been quite the emotional rollercoaster for all of us with so many ups and downs riddled with uncertainty for what the future will look like. I truly believe she was able to make it through chemo yesterday because of your prayers. I told my roommate I feel like our family is holding on by a thread, but if it’s a thread that’s bound in faithful prayers to God we’ve got a fighting chance and most importantly hope for tomorrow. I hope you all have a restful long weekend and I’ll update you all next week. ❤️

- **1.15.25** Hi! Mom has been home recovering for the past few days. She had an appointment with her oncologist on Monday - she’s concerned about the continuous fluid in her lungs since it contains cancer and could be an indication of it spreading, so she scheduled her second round of chemo starting tomorrow. Mom is still not fully recovered from her hospital stay, but feels the urgency of getting started on this more targeted drug to see if it can keep the cancer at bay. Pray for her as she starts chemo again tomorrow. Pray that she continues to build up more physical strength and that her body responds well to treatment. Pray that she mentally can continue to fight well. Love you all, and I’ll keep you updated this weekend.

- **1.13.25** Good morning! I have some positive news to share today - mom made it home yesterday! On Friday, she had surgery on her esophagus. They decided not to put a stent in due to potential risks and complications. However, they were able to stretch her esophagus with the balloons to 16.5 mm / 18 mm, so they’re hopeful it will stay open and she’ll be able to eat/drink normally moving forward. Her lung drain is working well and my dad learned how to help her empty it, so there’s progress there, too. She’s in good spirits and happy to be home. We’re not sure what the next week or so will hold, but we’re all taking it day by day and are thankful that today she’s on the mend and has made lots of progress. Continue to pray for her physical and mental strength to grow and that she'll have continued healing throughout her body.

- **1.10.25** Hi! I wanted to update you all on how mom is doing. She remains in the hospital, but has made some progress. She got a drain put in her lung on Wednesday that was successful. This will allow her to drain fluid herself at home. Tonight she's supposed to go in for her stent surgery. This will keep her esophagus expanded and allow her to eat and drink normally again. Hopefully she'll be released from the hospital early next week to go home. I will update you all this weekend. :)
- **1.6.25** Hello! Mom is still in the hospital and is doing well. Her lung is stable and they're monitoring its progress to ensure that it's improving. She will (most likely) get fluid drains permanently put in both lungs tomorrow so she can drain them herself at home. Her oncologist is concerned about the fluid since it has tested positive for cancer cells. They'd like to start her on her next phase of chemo as soon as possible, which contains different drugs than what she had been on. Not sure when that will be, but assuming it'll start post drain and stent install. While she's in the hospital, she'll also get her stent put in, (again, most

likely,) later this week. Then, once recovered from these procedures, they'll discharge her. One positive is that she's been put on a purée diet, so she's been eating more than she had been at home. It comforts us to know she's getting her strength back. She's loved her care at CDH and is feeling a lot more hopeful with these procedures on the horizon. Please continue to pray for her recovery, as well as continued improvement of her physical and mental strength. Love you all!

- **1.3.25** Hi All, It's Claire, providing you all with another update. Mom was discharged from the hospital on Monday, 12/30 with clear lungs and awaiting a surgery date from her doctor to get a stent put in her esophagus to open it up so she can eat/drink all types of food/liquids. Since being home she was on an all liquid diet and remained fatigued and weak, much to our disappointment. Yesterday she felt like her lungs were filling with fluid again, so she made an appointment to go in today to get it all drained. She went in for her draining and they got approximately 900 mL from her right lung. They wanted to do an x-ray as well to give her the all clear, which is when they found that her lung had collapsed. She was admitted to the hospital again as they'll put a chest tube in to help remove excess air and monitor her until her lung functions normally again. Keep praying for physical relief, wisdom for all of the doctors and nurses involved, mental strength for her as this has been a tough couple of weeks, and some form of healing. It’s challenging seeing the one you love suffering so much and being able to do nothing to help. We continue to appreciate all of your support and I will update here in a bit when we have new information. Love you all.

- **12.29.24** It’s Claire again, providing another, finally positive, update! Mom was admitted to the hospital on 12.27 as they were trying to figure out what had been causing her to not be able to keep pfood/water down. She was super weak and needed that care and monitoring. Yesterday they drained her lungs again, getting 1,000 mL on one side and 700 mL of fluid on the other, which provided her with a lot of relief. Then she had an endoscopy in her esophagus to see what was causing her GI issues. It was very nerve wracking as we didn’t know what to expect, but the doctor was great and shared the following causation. Essentially her radiation from breast cancer the first time shrunk her esophagus making it super narrow. They took 30 min scooping out food lodged in there, then used balloons to expand it. Now she can drink liquids, next will be Ensure/Pedialyte, then food. This is a temporary fix - she’ll need to get a stent put in to expand it permanently, but it’s fixable. 🙌🏻 Most importantly, there’s no cancer in the GI tract. She’s still in the hospital and will probably be there one more night depending on when the doctor can see and clear her to go home. The stent surgery hasn’t been scheduled, but will probably be done late this week, early the following week. Mom has been through so much these past few days. Despite feeling like $h!t, she’s been so kind and patient with nurses and doctors. We’ve had and are always thankful for great care at CDH. Pray for her to continue to gain physical strength and have a successful recovery from these past few days. Again, thank you all for your support and checking in. Even if we don’t respond, know we see it, feel it, and appreciate it. ❤️

- **12.27.24-12.28.24** This is Claire writing an update on behalf of Tina. She had her lung fluid drained on Monday, 12/23 and felt a lot of relief. Despite this being her off week from chemo, she still didn’t feel 100%. She had difficulty breathing, eating, drinking, and was very lethargic. She developed what she would describe as a bubble in her upper throat that wouldn’t let her keep anything down. Due to not eating or drinking consistently for a few days, her doctor recommended she go into the ER for fluids if liquids and to get checked out. I took her in yesterday and when we finally got her back to be treated, they started her on a cocktail of fluids, morphine, anti-nausea, and oxygen. They tested her heart via EKG and everything looks good there. They performed CT scans of her chest and abdomen, too. They concluded that her lungs filled with fluid again and that there is something putting pressure on or blocking her trachea causing it to narrow/not allow food/water to pass through her digestive system. We were relieved to finally get some answers as to why she has been feeling so awful this entire chemo journey. They admitted her to CDH as this will be a process to figure out next steps and because she can’t eat/drink on her own due to pressure/blockage. Today she will have fluid drained from her lungs and a scope done on her trachea to see what’s going on in there and what we can do about it moving forward. It’s been an exhausting week for all of us, but we’re hanging in there and staying positive. We know the hospital is where she needs to be to get taken care of right now. Please pray for smooth procedures today, a clear path forward, physical relief, and discernment for her doctors. I will update here as soon as we know more. Love you all and thank you for the continued support!

- **12.20.24** Met with Oncology last week and they recommended reducing my dose 20%. Hopefully this will help me get my nausea/diarrhea under control and feel better. While there, I told my Dr I have experienced extreme fatigue and breathlessness just walking to the bathroom. She did a CT Chest scan and I have fluid around my lungs (Pleural effusion), which is common w/ chemotherapy patients. To be safe, she put me on antibiotics, and Monday they will drain the fluid. I hope it will stay dry. I just want to feel energy and like a normal person (ha ha probably never again). Good news is she then canceled my 12/24 chemo, so I get extra time off. It pushed everything forward so now my PET is February 3rd. I was hoping to go to FL that week, but it's not in the cards. At this point, I'm thinking just keep powering through this and Steve's surgery is around the corner. Also, our house is not nearly ready for furniture. Steve just went and looked at it, and it's coming slowly. Hoping maybe I can go in March? Weather probably better anyway. Thank you for your continued prayers, cards and support. I can't tell you how much it all means.
- **12.16.24** Still trying to figure this out. Even with fluids, I still had a pretty bad weekend of being sick. Maybe it has to be bad to work?! I am meeting with

my Dr. Wednesday this week, so I'm going to discuss. I'm touched by the caroling videos from my local bunco group and the Meal Train Gift Cards from Experian family. The squirrel ornaments for my adored tree from my sorority sisters…. Truly, I was brought to tears this morning with everyone's generosity and love. I'm SO GLAD to be off this week.

- **12.11.24** WE HAVE HIP REPLACEMENT SURGERY DATES! PTL. Steve's "surgeries"- yes, Dr. recommended as he is healthy and young to do them back to back, so 2.20.24 and 4.8.24 with Dr. Berger at Rush (thank you Anne Rago for all your help. Anne had her hips done there, and it's an impressive Dr. and operation).
  I do not know my chemo situation after 1.28 PET, so as soon as I do, I'm going to put a sign up in here as I will then look to my support community to help me! Claire will be here likely a week of surgery to help, but, I'll definitely need rides and if you want to join me you can (not necessary though).
  On another **HAPPY** note, Claire accepted a new position outside of Educational Software with Team Dynamix IT co. out of Columbus OH! She'll be remote Customer Success and very customer facing. Great news is that she does not start until 1.6. She

was going to put her notice in this week, and ironically she and 10% of the co. got laid off yesterday! Talk about divine intervention! We are so happy for her and excited we'll get to have her in CHI a bit and Charlie too for the holidays.

- **12.9.24** Was hoping my infusion would go better this time, but it was more of the same. The extra nausea drug helped maybe a bit more, but finding days 3-5 brutal. I'm feeling better today, but I have another infusion tomorrow. I have not been able to make plans or do much. I wish I could, but I really don't feel up to it. Looking forward to my week off this month. I have my PET scan scheduled for 1.28, so I will be able to see if killing this s*$T. I hope to maybe go to FL and check on house, soak up sun, and see friends first week of February. Thankful for all of the prayers, cards, texts and support. Steve has been doing everything and been my rock. He got his Humira shot, which helped his psoriatic flare up right away thank goodness. He's at Hip Dr. today, so should have update on surgery date soon. Had fun today decorating my Christmas tree Claire put up that is squirrel themed. It's the little things 🙂
- **12.1.24** Ended up I actually had a very rough ride after my entry last infusion. I had 3 days where I could not keep anything down, so I had to go get

fluids. I felt better after that, but not great. It's now day 12 and I finally feel more normal. It really wrecked my digestive track. I need to get this dialed in. Meeting w/ PA this week and will discuss. Get third infusion Tuesday. I was happy to be able to see family on Thanksgiving, which was a blessing.

- **NOTE:** I wanted to thank you all for your prayers, notes and texts. It really means so much to me. I literally do not have any more room at my apartment for things (gifts), so please do not send anything! I am so grateful for all your generosity, but I'm bursting. If you really want to send something, text Claire and she can fill you in on what our needs are these days (Epsom salt, Imodium, etc. lol). I also am trying not to eat sugar and def less white flour and processed foods.
- **11.20.24** Had my second infusion on Tuesday. My white blood cell counts were borderline low, and I was worried Dr. would cancel it, but fortunately she did not. Feeling very tired today but seems better than last time- maybe because I did not get immunotherapy (I get that ever other time). Am so excited to be off chemo next week! Cycle ONE down! Claire comes tomorrow and I will get to spend time with kids and family in vet holiday. I'll be especially grateful this year. ❤️ Here are my future chemo

dates for reference. I haven't needed anyone to take me, but once Steve has his surgery end of Jan/Feb, I will likely send out a call for help :)

  - **Tues. 12/3 12:30 Infusion**
  - **Tues. 12/10 12:30 Infusion**
  - **Tues. 12/24 8am Infusion**
  - **Tues. 12/31 8am Infusion**
  - **Tues. 1/14 Noon Infusion**
  - **Tues. 1/21 12:30 Infusion**
- Haven't lost my hair yet…we'll see. Fingers crossed.

- **11.17.24** It was a rough week after my last update as the steroids wore off. I have never felt so tired in my life– every day. Each day a little better though. Stomach issues continued. Many have asked me, so sharing that you cannot feel the medicine going in during the infusion. It does not hurt, and if anything it was just a bit cold. Ann Hackinson, my friend from AMI, is here visiting this weekend and I have really loved seeing her. I will say, I have had to take a lot of naps and breaks. Today is day 5 after infusion and I finally feel a bit normal. Waiting to see if I lose my hair. Will keep you updated. Trying acupuncture and some Reiki this coming week.
- **11.12.24** So glad to have my first infusion behind me! Steve took me (carried my overpacked bag) at

noon and we were done around 4. We packed a lunch and ate and I listened to music while I got 3 different drugs including immunotherapy. My friend shared the healing sounds of Karen Drucker. If you're interested, here is a song that hits home: The Healing Song. Her songs are so catchy and really relaxed me. The nurses were very nice, and it was a private, comfortable room (as I have told a few of you), no "Breaking Bad" room with communal infusions, thank goodness! I got a steroid and anti nausea drug to start, and I'm still buzzing on the steroid tonight. I know it will likely hit me tomorrow or the next few days, and hopefully I'll be able to control or minimize the side effects. Thanks for all your texts, jokes, memes etc. You all made my day better and love you all. Xxoo I hope I'm killing this fuc#$er or boogar or roach or whatever you want to call it. I wish I could have a steroid every day as I have not felt this good in months. So weird. Good night and may your day tomorrow be filled with joy!

Credit for this awesome image to Kristina Rust:

- **11.8.24** Feeling much better now. The side effects are gone and it's really helped my walking and nerve pain. Looking forward to seeing some of our FL friends this weekend here in IL. I am excited to finally get going on chemo starting on Tuesday next week. For my friends here that have offered to come or drive me, I will be sending out a Sign Up program Kristina made me. It will come after my first chemo date (they will schedule all of my first cycle then). While I won't need much help at first, I will definitely need help come February…On another medical malady note (I promise not to send a Christmas card this year), Steve needs a new hip and will get a hip replacement end of January, when I'm done with my first 3 cycles. I may just reach out to ask you to come keep me company and visit- I need to see how it goes. Fall has been beautiful here and we're hoping for a mild winter. We do miss FL and our friends and island. The house is undergoing water restoration construction and the island is slowly getting back up and running as we hear from friends. I have faith that I'm in the right place and in the best care possible, and that is why we're here for now.

- **11.1.24** I've been having awful side effects from radiation since Wednesday and it's gotten so bad I finally called Drs. I need to move my first chemotherapy to next week. Praying I feel better soon. It's awful. I am so disappointed.

- **10.29.24** I have had 3 radiation treatments and thought I was breezing through then today had some small side effects- a bit of nausea and some other unmentionables. I found out since I'm only getting 5 doses, my doses are 4x stronger than previously, so maybe this is why. I got my port on Friday, and that was easier than I thought. I was given anesthesia, so

I didn’t feel anything. It looks worse than it feels- it’s bruised and itching a bit now. I start chemo on Tuesday (election day). I’m ready. I want to fight this cancer! I think my radiation may be starting to work as walking is easier today. I had a bad night sweating last night and not sleeping. I’m feeling better not coughing now, as last week I had a bad cough. I find when I’m busy and seeing friends and family, I feel my best. I will try to keep it going, but I do get tired easily. Tomorrow I have a consult with my University of Chicago Dr- I’m keeping her in the loop and want to be aware of any clinical trials as UChicago specializes in Triple Negative Breast cancer. I met with the Lung Oncologist and she wants me to get a dotate PET tomorrow to see if the lung is anywhere else. It will be a good baseline too. Here is a pic of my port it’s on my left side just under my collarbone as my right side is too tight from previous radiation:

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- **10.16.24** Nurse called today and said plan is to start radiation next Wednesday and chemo on 11/4. Fingers crossed. I'm ready to kill this cancer and feel better. Chemo will be gemcitabine and carboplatin combination with immunotherapy every 3rd time I think it is- keytruda. Got a prescription for Gabapentin, which will hopefully help with the nerve pain in my leg and back. It's hard not being able to do normal things and feel good. I hope I can get back to being active once the radiation is done. Thank you for your prayers and all of your cards, texts and calls. It truly lifts my spirits.

- **10.15.24** Met with Dr. Thakur, Radiation Oncologist today and she is recommending 5-10 straight days where she's targeting my sacrum mostly and maybe a few of my disks/spine. She said it should help w/

pain but not right away- maybe after a week or two. She wants to save some radiation for future in case I need it again (you can only get so much and this is my 2nd time). I go next Monday for mapping and she will try to get me in asap. There's a backlog, but she will work to get going. I may go to Delnor so I can get in faster.

- **10.15.24** Met with Dr. Tomic, oncologist in Warrenville, and the pathology from my 2nd lung biopsy confirmed Moffitt's- triple negative breast with a separate lung tumor that is slow growing and a neuroendocrine tumor. They referred me to a lung oncologist to discuss, but mostly they said they will watch it. They want to do PET that specializes in lung and see if it's anywhere else, but likely not. This is a secondary concern as focus should be on Triple Negative metastatic cancer. Treatment chemotherapy and immunotherapy. Carbo/Gem combination to start.

***On a brighter note, Steve is here with the dogs now and we're getting settled into our new apartment. It's nice- it's in downtown in Glen Ellyn so we can walk to town. Plenty of room and quiet. Will miss FL but this is where we need to be now.**

- 10.7.24 Met with oncologist Dr. Tomic, who will be coordinating my care w/ Dr. Gradishar. She sat with me for 1.5 hours and reviewed all of my pathology and scans. She recommended treatment right away, and wants me to get another MRI of my thoracic on Wed. as she wants to start radiation on the sacrum/back asap. I will likely have a port put into my chest in the next week, so we can start chemo and immunotherapy as soon as my path comes back. It was a hard and heavy day facing the reality of the fight ahead, and seeing the extent of the cancer in my body. Tonight, Coreen hosted my bunco babes and we sat and talked, drank tea and caught up. They set me up with fall decor, and a fuzzy warm blanket. I am so grateful for these ladies. They lifted my spirits and make me feel so loved. Trying to not worry about the impending hurricane, as Steve and the dogs are in Atlanta safe, and my friends are all evacuated.

- 10.4.24 Moving to apartment in Glen Ellyn tomorrow! Thank you Charlie & Addie & Coreen! Here is my new address for now:

  437 Duane St. Unit 406
  Glen Ellyn, IL 60137

I think the bronchoscopy went well. The after effects are always hard- non stop coughing today and sore throat. They took lung tumor and also got lymph node material. Hopefully I will hear soon.

  - Our house in FL has about 2 feet of drywall cut out now, flooring removed, and dehumidification started. Steve is staying at our friend's house (thank you Hacks), and his car was totalled by insurance today. AND, we're expecting a LOT of rain there between tomorrow and next week. Waiting for some good news! Steve and pups will come North soon. Next week Kristina, my college roomie and lifelong friend, is coming, which will surely pick up my spirits. The following weekend, I have a few more of my college besties coming into town, so looking forward to that too.

- **10/1/2024**

"Being brave does not mean you have to have no fear; it means you continue forward with your fear because what you are doing matters."

I am in my hotel downtown watching the VP debate and thought I'd update you all. Our house flooded in the hurricane and Steve and pups are behind, helping on the island and getting our house repaired. It's been a lot.

I am scheduled for my second lung biopsy this week on Thursday. I am very nervous about it since I got pneumonia last time and I'm still coughing. I met with the Dr. today and he is going to give me an antibiotic script to go on right away. Charlie will pick me up and I plan to rest up. In the meantime, I found an apartment in Glen Ellyn, near my community here, and I will be setting up our new "North" side home for the next year. Ideally, chemotherapy and treatment will go well and I can get back to FL in Jan/Feb, but one day at a time…

I feel good to be here- it feels right. I am an intuition type of person and I gotta go with it. God has given me many hints along the way to bring me here. It's really hard to be away from my home, Steve, and pups, but I know they will be coming soon. Leaving the island and seeing the devastation was so very sad, and I know that was even more of a sign that it's good I'm leaving- I need to be positive and focus on healing. I started a book today "Braving Chemotherapy". Like I approach everything, I want to learn as much as I can as it will help my anxiety. The quote at the top of this entry is from the book, which I know will be helpful. I'll update you after the biopsy. Love to you all. xxoo

- **9/24/24**
  - Had call with Dr. Gradishar from Northwestern today. He said tumor board did not like the tissue they received from Moffitt and would like to do another lung biopsy (sigh). This is upsetting because I'm still coughing from the first one. They cannot get me in until 10/3. I was hoping they could do it sooner. I hope to start treatment week of 10/7. It feels so slow.   I'm trying to keep my chin up. I was really hoping for a plan today. Maybe there's some good news in here somewhere? Keep praying. Still need to decide if I will get treatment downtown or in Warrenville. If I go to Warrenville, I need to find apartment, and having some of my friends look. I am looking at an extended stay by Northwestern right now to buy me some time. Love to you all.

- **9/19/24 Update:**
  - Met with Dr. Gradishar and team at Northwestern. He wouldn't really give me diagnosis or say anything as he wants his

  pathologists to review the tissue and he is taking my case to the tumor board hopefully next Monday and they will discuss and decide on a treatment plan. I feel comfortable there and I know the team, so it was feeling like I get treatment there, until I met with Dr. Hahn at University of Chicago. Charlie and I joked that unless Jesus himself showed up at UC, I would get treatment in w/ NW. Well, we looked at each other after the meeting w/ Dr. Hahn and said "did we just meet Jesus?" I prayed for clarity and wow, I was so thankful for these appointments.

  - Dr. Hahn came highly recommended from my friend who is a cancer researcher and Dr. and another Dr. with pulse on cancer. She was awesome- she took me through all of my imaging, pathology and explained it all. She answered all of my questions and even gave me an idea of what she would likely do for treatment. She said she trusts MOFFITT's pathology report as it was very thoughtful, but wanted to see what an academic review from Northwestern would say. She admitted my case was unusual and I am a bit of a unicorn. She said it's triple negative breast cancer, which is different from what I had in 2011. Likely it was missed on imaging as it’s hard to detect when it’s invasive lobular. She said I also have a neuroendocrine tumor present in my lungs. She was not as concerned about that one as it is slow growing. She said she may recommend chemo that would kill two birds. She recommended immunotherapy (Keytruda) as well, as I have PDL marker that is very positive. She wants to see the genetic sequencing report from Moffitt, which just arrived today. She also recommended extensive genetic panel testing. Even though we don’t have cancer in our family, many have died young unfortunately mostly from heart issues, so I really don’t know. She gave me a very good feeling and even offered to be a consultant to my care at Northwestern- a second opinion in the background. I have not decided what I will do. She said they do have a center in Hinsdale, so I could get treatment there. Going to the south side to the UC campus was night and day from the Northwestern campus. I would have to see her there every 6 weeks or so. She did not recommend splitting care (IL/FL or NW and UC). She was empathetic, smart and overall just a great communicator. I see her in my journey some how, some way no matter what.

- **Next steps:** Wait to see what Northwestern Pathology says (likely next week) and tumor board.
- I will plan to do my treatment in Chicago and will likely have to find a short term rental of sorts. I feel better energy there and overall, the care seems superior to FL. I love the idea of being close to Charlie and many of my friends and support system. I imagine coming back to FL after the first 12 weeks of treatment, if possible. We'll just have to see how this evolves.
- Thanks everyone for the texts/calls and cards and gifts! I have never felt so much love. Truly grateful for all of you.

- **9/16/24 Update:**
    - Will be going to Northwestern to my Dr. Gradishar tomorrow and to University of Chicago on Wednesday to see Dr. Hahn. These are both breast oncologists. Hoping to get a clear diagnosis and treatment plan. I'm not sure what we will do, but I don't feel good about Moffitt now, so likely will complete my treatment up North. Stay tuned.

- 9/10 UPDATE: Yesterday I went to pay a bill in Lakewood Ranch portal and saw a Pathology addendum that no Dr. saw yet. It was there since 8/23/24. Moffitt should have had this. My primary should have been given this. I could go on and on…. It was a second opinion on my pathology of the sacrum. They believe this is actually **breast cancer** that has metastasized, which is what I originally thought. The lung tumor is another issue which they are still trying to figure out. I've lost trust. Our medical system is extremely broken. I've never been so angry in my life. FL healthcare is subpar in my opinion and there are so many folks that are sick here that it's overrun and they are scrambling.

I canceled my trip to Stanford since that was for lung only. I need to get these tissues and path slides reviewed by at least 2 other sources. I'm going to send it all to Northwestern at this time. I received care there for breast cancer in 2011.

I am still recovering from pneumonia which I believe was caused by my bronchoscopy so I can't talk well so sorry if not returning calls. I am hoping to kick this today.

Thanks for all your texts/calls/support/prayers- I don’t have energy right now to always respond, but it does lift my spirits.

Upcoming tests and appointments:

Completed:

9/6/24 X-ray shows pneumonia so taking antibiotics and steroid.

9/4/2024 PET scan This will show where the cancer is in my body. Results in 24-48 hours. It only lasted 15 min. You get an iv with radioactive juice and glucose. Apparently cancer loves glucose, so it lights up the cancer spots.

9/3/24 What if I don't have a biomarker? - Just heard my biomarker blood test has no known genetic markers. This is a bummer. Hoping my lung biopsy shows more. The biomarkers help them figure out treatment options.

8/30/2024 Bronchoscopy I was put under so it was not bad. Just sore throat and coughing. My back hurts a little, but overall I feel good. I’m tired. I think it’s more mental, as I wake up at night and all the thoughts come. Today (9/3) I have some wheeziness and coughing. Results in 10 days.

I will meet with these two and possibly Dr. Alex Drilon at Sloan Kettering in NYC for 3 treatment plan opinions. It's critical (Friend Dr. Anne educated me) to do this so that we know the right order of operations for L1, L2, L3, L4. This means my first phase of treatment (level 1), second level (2) etc. What happens is that the drugs may work for a bit and then cells mutate and then I may have to try something else, so I will move from L1, to L2 etc. These Drs understand critical trials and I want to make sure I keep myself open and not disqualify myself for a trial that may extend my life.

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8/31/24

Dear Friends and Family,

I thought it might be easier to make this google doc to see quick updates if you are interested. I will keep the updates at the top and have my story below in case you haven't heard the background. Feel free to share the link and I will leave it open. I'll also keep pages at end for comments or notes. Please don't feel you have to respond here- you can still text or call (I may just not respond in timely fashion right now). I have been lifted by all of your notes, prayers, texts, flowers and packages.   I feel surrounded by love and support and I believe it will heal me with God's intervention. I never thought this would be my story- it's beyond crazy. I have too many negative vibes w/ Caring Bridge's from friends that have passed. I can't bring myself to do that, but I can do this.

As many of you know, I've been working hard the last year to focus on my health. I joined the Angie Method, and got a personal health coach (Katie Sliwa who I worked with at Google). I lost 30 lbs now and began lifting weights and getting strong. The program focuses not only the body and nutrition, but the mind.   Little did I know that God was getting me ready for the biggest fight of my life.

Right before July 4, I was lifting and thought I pulled a muscle in neck. I felt nauseous, had the worst headache of my life and my ears started to ring. I could barely put my chin to my chest- it hurt so bad. After 3 days of throwing up and not being able to eat, Steve insisted on taking me to the ER. They did a CT scan there, and gave me a headache cocktail and sent me home. They said "we think we see something on your spine," so they referred me to a neurologist who then ordered 5 MRIs. After the last MRI, the Dr. called me and asked me to come to his office- a call you never want. I got there and he immediately came in and grabbed my hands and said, “I’m so sorry. We see what looks like cancer on your spine and possibly other areas.” I was beyond devastated. I immediately went to the hospital and got a biopsy of the sacrum where they saw a spot. (Cancel that darn cruise we’ve been trying to take since 2020..mental note to buy insurance next time!)

Immediately, I called my new neighbor whose husband is head of breast oncology at Moffitt (God working here). I got an appointment at Moffitt with her assistance, but my path report was not in. If you know me- I immediately went into high gear as I wanted answers and a treatment plan asap. When we were meeting, he left for a minute and came back w/ the Path report that showed non-small lung cancer. I was so confused- I never smoked. I remembered then that a few days before, Susan Wojcicki from Google just passed at 56 from this terrible disease :(He referred me to the thoracic (lung) oncologist the following week. We met with Dr. Ben Creelan at Moffitt He seemed to lack confidence and he was not empathetic to me. I have asked for a new local oncologist- TBD. Cousin Dr. Pattie Simone sent me this: https://www.nytimes.com/2024/08/22/well/cancer-diagnosis-oncologist.html

Made me feel better about asking for a new doc. Pattie's Dad, our Uncle, Dr. Joe Simone helped me navigate breast cancer. I wish he was still here with us, but Dr. Rob (her husband) and Pattie Simone Schreiner have been tremendous resources and support. Rob is a retired lung/pulmonologist. I also called a friend from many years back when we lived in FL- Amy Jasso. Sadly her husband Dave passed from this awful disease this last year. She was a wonderful resource as well and gave me many tips and insights into what the road ahead may look like. She's an incredibly brave and kind woman.

Now, days are feeling like years. I had to get a biomarker blood test as it is critical for treating lung cancer. The Dr. said my path report is confusing so wanted lung material. Friday, I got a be and I get a PET scan this week. All of this to say, I do not have a firm grip yet on what type of cancer this is and how widespread it is. The original MRIs show: spine, tumor on hilum of lung (middle), spot on liver and sacrum. I'm sure the PET will show it more widespread as the blood/oxygen and lungs travel everywhere, so I'm preparing myself mentally for that news.
I need to know more about the type, as that will determine my treatment and potential outcome. No matter what, I will always have this and likely it may be

terminal. It’s systemic, so it’s not curable per say. However, life expectancies really vary and depend on physical health, age, type and many other factors. Average is 3 years, but I hope to be at the high end of the spectrum of course. There are a ton of trials and innovation going on right now.

In the meantime, my sorority sisters have gone to battle for me. My friend, Dr. Anne Borgman, is a cancer researcher and extremely knowledgeable and connected in this world. In addition, Michelle LeCoque, another sorority sister, is a lung cancer drug treatment rep and studies it. Again, all things I cannot explain, but I feel incredibly grateful for their support. My college roommate and sister (from another mister), Kristina Rust, is researching and talking with Anne and Michelle to get me the names of the best Drs. and information. Amazing.
My family has been supportive beyond words. The kids came down and spent time with me right after I found out the news. Steve is here for me for whatever I need- whether taking me to appointments or a hug, and you all know he cooks for me! Cousin Simone has supported me from afar and made sure our family is looped in. My friends that are here from the island (Ann and Clarisa) have lifted my spirits through hanging out, making dinner and going to church with me. My old neighbor Debbie is

constant source of support and information. I cannot say enough how supportive my boss Carl, and the Experian team have been. I feel so grateful.

I want life to be as “normal” as possible as soon as possible for everyone. I want to find the joy in the day to day. Please be patient with me as I am not there yet. I know my kids are probably not there yet. Steve is comforted by his routine right now. It will take us time to acclimate to this new normal and we’re so thankful and grateful for you all.

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Many of you have asked what can you do?
If you pray, please pray for my family and for my successful treatment plan and guidance. I’m praying that I can continue to feel well and have a high quality of life. I pray for the right Dr’s and plan. My bunco babes 🎲 in Wheaton are prayer warriors and I know they are ON it. 🙏 They have been an incredible rock for me the first time and now again. I include my fellow cancer warrior, Meg Beasley in this group. She and I fought breast cancer together. My other Chicago prayer warriors and support sisters are Rhonda Jensen (honorary AGD) Ann, Dinna and Pat from the Chicago Tribune and Sharon Knitter from the Trib, and Stephanie Maddock from Experian. I so

appreciate you all and love you- I know I'm leaving people out, but I'm thinking of you all and you are in my hearts.

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Some of my favorite verses that have spoken to me:

Psalms 94:19 (NIV)

"When anxiety was great within me, your consolation brought me joy."

Matthew 6:34 (NIV)

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

"With God all things are possible." Philippians 4:13

Comments, ideas notes and such welcome below:

This is a great tool, Tina! So helpful to hear about this journey you are on and ways we can specifically pray for you. Grateful for the people God has put into your life to help you navigate this challenge. Coreen

Thank you so much for doing this. It is a great tool for communicating - hoping it makes all of this a bit easier for you too. Sending you much love, prayers and positive thoughts. Pat O.

Tina, I have included your name to our weekly rosary.

Love cousin Michael.