

THE LHDF GRID

A Publication of the Love Hope Dream Foundation, Inc.



MESSAGE FROM OUR CHIEF ADVOCATE



Dear Friends and Supporters,

Welcome to the first edition of The LHDF Grid newsletter.

It is with great excitement and gratitude that we share this inaugural issue with you, our dedicated community of supporters.

At the Love Hope Dream Foundation, our mission is to raise awareness and inspire hope for those battling breast cancer. In The LHDF Grid, you'll find updates on our work, stories of resilience from the cancer warriors we serve, and ways you can get involved. We invite you to be part of this life-changing journey.

Together, we are making a difference, one step at a time. We look forward to sharing more exciting news with you soon.



Fang Fang Li
Chief Advocate

WE HAVE OFFICIALLY LAUNCHED



IN PHOTO: Joyce Valdeabella-Ashworth, Art Association of the Philippines Artist Member; Joy Polloso, Shangri-La Plaza Vice President for Leasing; Fang Fang Li, LHDF Chief Advocate; and Jose Luis Yulo Jr., Centrex Corporation Chairman

The partnership with presenters, Shangri-La Plaza and Centrex Corporation, made this event possible, creating a vibrant space where art and advocacy intersect. Attendees were encouraged to engage with artworks that not only reflected Fang Fang's personal battles but also conveyed universal themes of strength and hope that resonated deeply with many people.



The **Love Hope Dream** Art Exhibit was a unique opportunity for the community to support LHDF's initiatives. Proceeds from the exhibit will directly fund resources and support for breast cancer patients, emphasizing the Foundation's mission to foster a nurturing and empowering environment for those affected by the disease.

On October 17, the Love Hope Dream Foundation was officially launched at the Shangri-La Plaza, bringing together a community of support, hope, and resilience. This remarkable event featured an empowering art exhibit by LHDF Chief Advocate Fang Fang Li, showcasing her inspiring journey as a breast cancer warrior through a collection of evocative paintings that highlight her love for life.

THE SHOW MUST GO ON



One of the most memorable moments of the Love Hope Dream Foundation launch was Fang Fang Li's much applauded solo classical Chinese lyrical dance performance, choreographed by internationally acclaimed dance artist Anna Marie Periquet. In a poignant twist, Fang Fang experienced a fall, symbolizing the unpredictable nature of life. Yet, in true spirit of resilience, she rose to her feet with bravura and finished the dance with aplomb, reminding everyone of her powerful message: **"Life is like a show. There are dramas, ups and downs, falls, tears, disappointments, and despair. But no matter what happens, the show must go on."**

In addition to her inspiring solo, Fang Fang delighted the audience with a mesmerizing Latin rumba performance alongside her talented dancesport teacher and partner, Mike Gualvez. Together, they danced a graceful number, adding another layer of beauty to the launch.



POST-LAUNCH SUSTAINABILITY AND STRATEGIC PLANNING WORKSHOPS



IN PHOTO: Breco Halum, LHDF Social Media Manager; Maria Victoria Naelgas, LHDF Executive Director; Anna Marie Periquet, LHDF Trustee; Harvard Uy de Baron, LHDF Trustee; Fang Fang Li, LHDF Chief Advocate; Restituto Canlas, LHDF Financial Director; Allana Guevarra, LHDF Executive Writer; Alder Inabiogan, LHDF Project Manager

The Love Hope Dream Foundation recently conducted a series of sustainability and strategic planning workshops aimed at strengthening the Foundation's long-term impact.

Immediately following its successful launch, the team members gathered to evaluate and refine the Foundation's strategic direction. These workshops were designed to optimize resources, identify flagship programs, and align activities with the Foundation's mission of supporting breast cancer patients, raising awareness, and sustaining key programs.

During the sessions, team members engaged in collaborative discussions to identify growth opportunities and ensure the adaptability of initiatives for future needs. The workshops emphasized strategic planning to maintain momentum and ensure sustainability as the Foundation continues to expand its services and outreach to breast cancer patients and their families.

In the coming months, the foundation will roll out a series of wellness-focused programs tailored to the needs of breast cancer patients and their families. The Foundation will also introduce a social media campaign to highlight stories of hope and survival, empowering individuals to share their journeys. These efforts reflect the Foundation's commitment to creating a lasting impact in the breast cancer community.

KNOWLEDGE IS POWER: FIRST COMMUNITY OUTREACH PROGRAM



Chief Advocate Fang Fang Li delivered an impactful speech at the “Gabay Kalusugan Alay sa Kababaihan,” a community outreach program hosted by JCI Manilena. The event was held at the Phase 4 Marietta Romeo Village Covered Court in Pasig City in observance of Breast and Cervical Cancer Awareness Month, focusing on empowering women’s health.

Drawing from her experience as a stage 4 breast cancer warrior, Fang Fang shared her personal journey, emphasizing resilience, the importance of early detection, and the power of being informed.



IN PHOTO: Katrine Ordonez, 2025 JCI Manilena President Elect; Fang Fang Li, LHDF Chief Advocate; Roselle Corpuz, 2025 JCI Manilena Incoming Director for Community

During her speech, Fang Fang engaged the audience with a trivia quiz on breast and cervical cancer, providing valuable insights into the challenges of cancer. This activity explored the emotional, practical, and communication skills necessary to offer compassionate care to those facing these difficulties.

As a special touch, Fang Fang awarded personalized painted fans to participants who correctly answered the quiz questions, adding a creative flair to the educational experience.

BEST OF THE BEAUTY PAGEANT



Chief Advocate Fang Fang Li graced this year's "SUSOperwoman" Breast Cancer Pageant at the Philippine General Hospital (PGH). During the pageant, she took to the stage to deliver an inspiring opening speech and also served as one of the judges. Fang Fang emphasized that the pageant goes beyond outward appearance as it celebrates the beauty of survival, resilience, and profound inner strength.



In her heartfelt remarks, she shared her personal battles and triumphs, highlighting the importance of confidence and positivity in the face of adversity. "True beauty shines from within. Be confident; you are all so beautiful," she stated, urging all participants to embrace their stories and the courage they represent. She provided a list of anti-inflammatory foods and simple arm exercises after mastectomy, offering practical advice to support health and recovery.

As part of the Foundation's initiatives, Fang Fang offered free mammograms to ten patients from PGH who will be beneficiaries of the Love Hope Dream Foundation. She also had the opportunity to meet with a local support group known as 'Ka'Boobs,' which provides vital community support and camaraderie for those battling breast cancer. Their collective spirit and strength resonated deeply with her.

OVER 30 PAINTINGS SOLD!



On November 17, 2024, the Love Hope Dream Foundation Inc. celebrated a significant milestone with the successful conclusion of its first-ever art exhibit at Shangri-La Plaza which garnered considerable attention, resulting in the sale of over thirty paintings.

As a breast cancer warrior herself, Fang Fang has channeled her personal experience into a passionate commitment to advocacy for breast cancer awareness. "I am deeply grateful to everyone who supported the exhibit," Fang Fang stated. "Each painting sold represents more than just a piece of art; it signifies a step forward in raising awareness and providing crucial support for those battling breast cancer. This success enables the Foundation to continue its mission and make a meaningful contribution to the breast cancer community."

The success of the art exhibit has set a high bar for future events, and the LHDF is planning more opportunities for the public to engage with its mission. The art exhibit is now available online via the LHDF website.

Visit [<https://lovehopedreamfoundation.org/art-exhibit>] to view and purchase available artwork, helping to support the Foundation's ongoing mission.

As the Foundation continues its advocacy work, it remains dedicated to empowering and supporting those facing the challenges of breast cancer, ensuring that the love, hope, and dreams of those affected are never forgotten.



LOVE HOPE DREAM FOUNDATION JOINS BOND OF OPTIMISTIC BREAST CANCER SURVIVORS



IN PHOTO: LHDF Chief Advocate Fang Fang Li with members of the Bond of Optimistic Breast Cancer Survivors

Officials and team members of the Love Hope Dream Foundation attended the 7th anniversary celebration of the Bond of Optimistic Breast Cancer Survivors (KA-BOOBS) at the Child Haus Manila. Sponsored by the Philippine Cancer Society, Rotary Club Manila JP Laurel Malacañang, and Team Shamcey, the event highlighted community support and camaraderie among women battling breast cancer.

A lively dance competition, judged by LHDF Chief Advocate Fang Fang Li showcased the participants' vitality and strength. In her speech, Li acknowledged the remarkable journeys of the members as cancer warriors. "I enjoy being surrounded by positive people like you. I want to offer love and care so others can find the strength and hope to fight their breast cancer journey. I want to help patients rediscover their dreams and find a new sense of purpose in life. By spreading awareness, I hope more people will be inspired to join the fight against breast cancer. Kaya natin 'to! (We can do this!)," Li stated.

Mr. Romeo Marcaida, founder of the Bond of Optimistic Breast Cancer Survivors, encouraged cancer survivors to stay positive as a way of combating cancer. "Wag abusihin ang sarili natin, palagi lang masaya. Kasi kapag masaya kayo, malungkot ang cancer cells. Kapag malungkot kayo, masaya ang cancer cells. Kaya dapat masaya kayo at positive lang." ("Don't overwork yourself, always stay happy. Because when you're happy, cancer cells become sad. When you're sad, cancer cells become happy. So you should always be happy and stay positive.")



IN PHOTO: Romeo Marcaida, Bond of Optimistic Breast Cancer Survivors Founder; Fang Fang Li, LHDF Chief Advocate; Shamcey Supsup-Lee, 2011 Miss Universe 3rd runner-up; and Richard Tindoy, Rotary Club Manila JP Laurel Malacañang Treasurer

Distinguished guests included 2011 Miss Universe 3rd runner-up, Architect Shamcey Supsup-Lee, and former Rotary Manila president, Mr. Richard Tindoy. Supsup-Lee stressed the importance of early detection and regular breast checks. "Unang kapa pa lang, if may nakikita na tayong hindi normal, dapat ipa-check natin agad because you know, it's very curable especially if it's detected early. I hope na maging normal siya sa mga kababaihan to have your breast checked." ("Even with the first lump, if we notice anything abnormal, we should get it checked immediately because, you know, it's very curable especially if it's detected early. I hope it becomes normal for women to have their breasts checked.")

Discussions between LHDF, the Philippine Cancer Society, Rotary Manila, and Team Shamcey explored future collaborations to support breast cancer awareness and patient empowerment.

The Love Hope Dream Foundation is committed to supporting breast cancer survivors and their families, fostering a community of love, hope, and dreams. Join us in our mission to support breast cancer patients and spread awareness.



EVERY STEP COUNTS: LHDF JOINS QC RELAY FOR LIFE



On November 29, 2024, the Love Hope Dream Foundation joined the annual QC Relay for Life at Liwasang Aurora in Quezon City Circle. Organized by the Philippine Cancer Society (PCS) in cooperation with the Quezon City Government and other organizations. The event raised awareness and funds for cancer support programs. It brought together thousands of cancer survivors, and families for a day filled with hope, solidarity, and remembrance.

The event kicked off with an energizing Zumba session with LHDF Chief Advocate Fang Fang Li actively participating. In her speech, Ms. Li shared her personal breast cancer journey, inspiring attendees to continue their fight against the disease with unwavering courage.

The event concluded with a poignant luminaria ceremony, where participants lit candles in memory of loved ones lost to cancer and in honor of those still battling the disease. The soft glow of the candles created a somber yet uplifting atmosphere, celebrating the strength, resilience, and hope of all cancer patients.

The QC Relay for Life event was not only a fundraiser but also a powerful movement of unity in the fight against cancer. LHDF's participation added a personal connection, reminding everyone that together, we can overcome even the toughest challenges.

LHDF DELIVERS JOY TO YOUNG CANCER WARRIORS



In a heartwarming celebration of the Christmas spirit, the Love Hope Dream Foundation partnered with the Rotary Club of San Marcelino Manila in a special Christmas gift-giving event for children battling cancer at the Philippine General Hospital (PGH).

While LHDF is primarily known for its work with breast cancer patients, its dedication to supporting all cancer patients was evident during this festive season.

The young cancer warriors expressed their gratitude through a heartfelt song tribute. Their joyful voices resonated with deep appreciation for the gifts and support they received.

This event was made possible through the generous sponsorship of several organizations, including Lions Club International, Binondo Salesmen Club Inc., Crusaders Academy Batch '73, and Chums Foundation Inc. It was a beautiful reminder of the power of community and compassion.



WONDER WOMAN

In this section, we honor the extraordinary women who inspire, lead, and overcome.

Our first feature shines a spotlight on Fang Fang Li, the LHDF Chief Advocate— a true Wonder Woman in every sense. Her journey unfolds through the powerful themes of love, hope, and dream

LOVE



“The **“Pink Flamingos”** represents the eternal aspect of love. But what is love, really? After being diagnosed with stage 4 breast cancer, I have come to realize that love is something we cannot simply define. So, I wrote a poem about it.

Love is the Answer for All

by Fang Fang Li

When we were young,
nobody told us what love is.
It's not a subject taught in school,
nor a topic discussed in our families.
Mommy said love is providing for others;
others claimed it's romance.
People are often shy to talk about love,
so I wondered, what is love?

As we grew up,
love became fast heartbeats,
a smile that made you happy,
the sweetness of a sweetheart,
Valentine's Day in February,
and the joy of gifts.

When I faced life and death,
when I encountered challenges,
when I lost hope for tomorrow,
when I suffered pain and depression,
and when I fought with the Big Boss,
I discovered unconditional love.
I began to feel love everywhere.

Love is the answer for all.
Love is the answer for all.
Love is the answer for all.

As I started to see the stories of others,
I found love behind every inspiring tale.
It moves mountains,
it helps people soar,
it solves mysteries,
it enables survival,
it stops wars,
it fosters peace,
it saves people from despair,
and it gives life hope.

Love is the answer for all.
Love is the answer for all.

HOPE

Finding Hope in the Depths

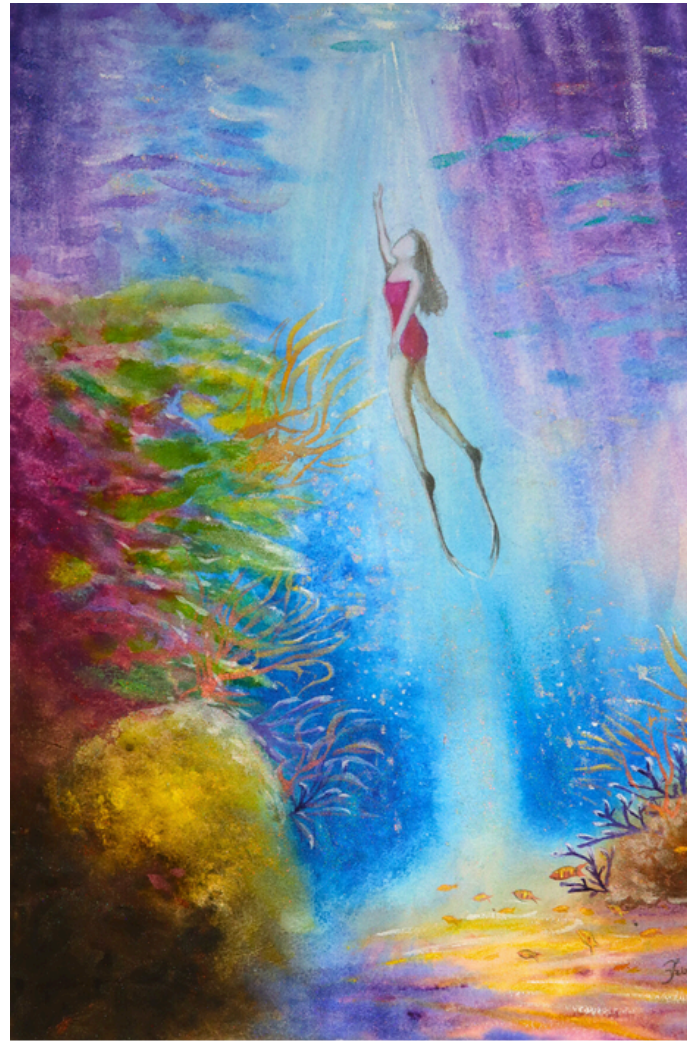
by Fang Fang Li

"The Swimmer's Ascent" symbolizes my journey through stage 4 breast cancer, a battle that often feels like being at the bottom of the ocean. I found myself submerged in uncertainty and fear. Yet, even in those darkest depths, I saw a light breaking through the surface.

That light is hope. It guides me, the swimmer. Although the journey has never been easy, I followed that glimmer. I never gave up as I strived to rise above my challenges. Despite its trials, I am reminded that life is filled with color and beauty. Love and positivity have supported me, helping me realize once again how beautiful life truly is.

In the face of adversity, I refuse to let despair take hold. Instead, I see my struggles as part of a larger canvas, a journey painted with resilience, strength, and hope. Every moment spent fighting this illness adds depth to my life's masterpiece.

As I continue this ascent, I hope to inspire others who may be facing their own battles. Together, we can find strength in the hope and beauty of every moment. Remember, even in the depths, we can always look for the light.



DREAM

Dreams Rekindled Through Childhood Paintings

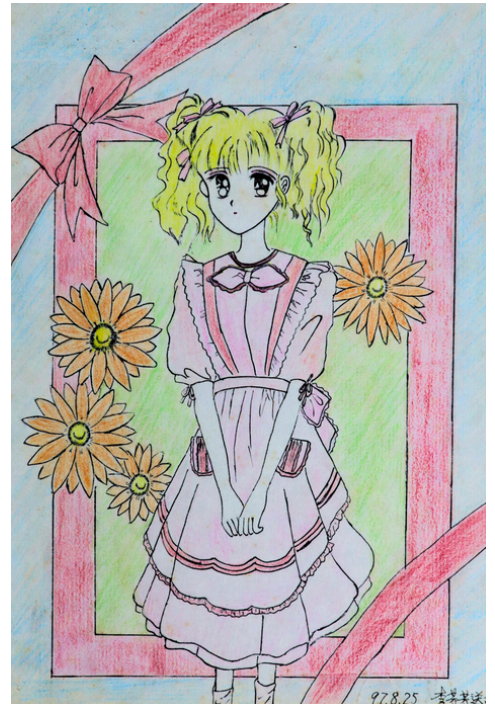
by Fang Fang Li

Dreams often begin in childhood, and for me, that spark was art. I started sketching in grade school, pouring my imagination onto paper.



In middle school, I discovered Japanese manga, which captured my heart and inspired countless drawings. However, as life unfolded, other priorities took precedence, pushing my artistic aspirations to the back burner. I set my art aside, believing I had more important things to focus on.

But I didn't stop there. Art paved the way for my journey of self-discovery. I fell in love with drumming, flower arranging, poetry, writing, dancing, blogging, and more. Each new challenge fueled me with energy as I discovered my hidden talents. These dreams gave me a fresh perspective and renewed purpose in my life. They became the most important part of my self-love journey, shaping who I am today.



I encourage everyone to hold on to their dreams, regardless of the obstacles.

Facing the harsh reality of stage 4 breast cancer, I constantly struggled with depression and found it difficult to find joy or purpose. When I lost my sense of identity and direction in life, I would ask myself, "What is the point of prolonging my life if there is no purpose or value in it?" But then, I returned to the art that once filled me with happiness. Picking up my sketchbook reignited my passion and helped me cope with the challenges I faced. I learned that dreams can thrive and that it's possible to make them a reality.

Creating art became my sanctuary, allowing me to express my feelings and dreams. Each drawing was a step toward healing, reminding me that hope still exists, even in the darkest moments. Art has the power to uplift and inspire, helping us find light when we need it the most.

Even if you need to take a break, remember that it's never too late to pursue what you love. Let's embrace our passions and keep dreaming, no matter what life brings.



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