

THE LHDF GRID

A Publication of the Love Hope Dream Foundation, Inc.

WONDER WARRIORS:

Know the story behind every battle.

"... hangga't makakaya ko, kakayanin ko."

Healthy meal prep from Chef Remz!

NOURISH TO FLUORISH:

Health & Livelihood Program

LHDF Partners with PhilHealth, Fullerton, and more!

COVER W/ LOVE:

Breast cancer warriors speaking their truths



VOWS UNBROKEN IN SICKNESS AND IN HEALTH

LHDF MEETS WITH PHILHEALTH TO ADVANCE BREAST CANCER AWARENESS AND PUBLIC EDUCATION



IN PHOTO: Maria Victoria Naelgas, LHDF Executive Director; Renato Limsiaco Jr., PhilHealth SVP; Fang Fang Li, LHDF Chief Advocate

Breast cancer remains a pressing health concern in the Philippines with many Filipinos unaware of available benefits and support. To advance healthcare awareness, key officials from the Love Hope Dream Foundation (LHDF) paid a courtesy visit to Renato Limsiaco Jr., Senior Vice President of Philippine Health Insurance Corporation or PhilHealth.

LHDF Chief Advocate Fang Fang Li and SVP Limsiaco discussed collaborations to raise breast cancer awareness and help Filipinos understand their healthcare rights, with LHDF aiming to work closely with PhilHealth to launch public education campaigns.

SVP Limsiaco expressed strong support for improving public understanding of healthcare benefits. He emphasized the importance of ensuring that all Filipinos are well-informed about their entitlements and aware of financial assistance programs available under PhilHealth, such as the Z Benefits Package for breast cancer.

He stated, ***“Even with no payment contribution, basta Pilipino ka, pwede. Makaka-avail ka ng benefit under the Universal Health Care Section 5 Population Coverage, as it states that ‘Every Filipino citizen shall be automatically included in the National Health Insurance Program, hereinafter referred to as the Program’.”*** (Republic Act No. 11223, Sec.5)

In the fight against breast cancer, no Filipino should be left behind. Every individual must know how to access and utilize the benefits available to them. The partnership between the Love Hope Dream Foundation and PhilHealth is committed to empowering Filipinos with the right information ultimately improving breast cancer outcomes across the country.

PHILIPPINE NATIONAL CANCER SUMMIT 2025



Cancer is a common enemy for every country, and the Philippines is one of the nations that conducts an annual nationwide campaign against it. Chief Advocate Fang Fang Li and key officials of the Love Hope Dream Foundation (LHDF) attended the Philippine National Cancer Summit (PNCS) 2025 on February 27 to 28 at Novotel Manila in Araneta City. The summit aimed to identify solutions for advancing cancer prevention, treatment, and long-term survivorship in the Philippines.

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This year's theme centered on building a resilient, accessible, and effective cancer care ecosystem. Speakers highlighted the need to address the biological, emotional, and sociological needs of every cancer patient. One speaker shared, ***"Cancer does not just test the body; it tests the mind, heart, and soul."***

This event created new opportunities for collaboration among healthcare leaders, policymakers, and global experts. It was a crucial step toward a future where cancer no longer defines a person's life.

The Love Hope Dream Foundation is committed to working with key stakeholders to further the Foundation's mission to improve breast cancer care in the Philippines.



IN PHOTO: Maria Victoria Naelgas, LHDF Executive Director; Fang Fang Li, LHDF Chief Advocate; Allana Guevarra, Executive Writer; Alder Inabiogan, Project Manager; Breco Halum, Social Media Manager

LHDF PARTNERS WITH HEALTHCARE LEADERS FOR BREAST CANCER INITIATIVES



IN PHOTO: Carmelita P. De Leon, Radlink PH Country General Manager; Fang Fang Li, LHDF Chief Advocate

On March 13, 2025, the Love Hope Dream Foundation (LHDF), in collaboration with Radlink Philippines Corporation (Fullerton Health), Aventus Medical Care Inc., and Intellicare, took a significant step to enhance health and wellness initiatives for breast cancer advocacy.

These organizations formalized their commitment through a Memorandum of Understanding (MOU), which aims to implement community programs, including events at malls and fundraising initiatives at Ayala Triangle. The goal is to offer support and raise awareness for breast cancer.

In this partnership, LHDF will spearhead advocacy efforts and community engagement, while Fullerton Health, Aventus, and Intellicare will provide medical services, healthcare professionals, and other related resources.

This collaboration reflects a shared vision among the Love Hope Dream Foundation and its partners to focus on the long-term well-being of breast cancer patients – the true warriors in the fight against breast cancer.

This milestone marks a meaningful step toward a future where collaboration leads to positive change.



LHDF SHINES AT PHILSTAR'S SHE SLAYS 2025 CONVENTION



Women's Month is a time to celebrate the influence and dedication of women across all fields. As the month of March drew to a close, the Love Hope Dream Foundation (LHDF) marked a significant milestone by launching its first-ever pop-up store at the She Slays 2025 Convention organized by The Philippine Star and Philstar Life.

Held from March 28 to 30 at Concourse One Ayala in Makati City, the three-day event championed strength, innovation, and inclusivity under this year's theme, GirlCoded. The LHDF booth featured an inspiring selection of merchandise, from stylish shirts and hoodies to functional and novelty items. Eco-conscious shoppers appreciated products such as bamboo notebooks, bamboo tumblers, wooden phone stands, and Nordic ceramic mugs. From practical essentials to charming collectibles, each item was thoughtfully designed to inspire and uplift.





The overwhelming support from convention-goers and mall visitors led to most items selling out, underscoring the community's commitment to supporting breast cancer warriors and LHDF's future initiatives.

Adding to the booth's appeal was an exhibition of paintings by LHDF Chief Advocate Fang Fang Li, drawing admiration and sparking meaningful conversations among attendees. The event also provided a valuable platform to introduce the Foundation to key stakeholders, including The Philippine STAR Executive Vice President Lucien Dy Tioco and Kasuso Breast Cancer Foundation Chairwoman Maria Lourdes Cortez Del Rosario. These connections open doors for future collaborations in support of LHDF's mission.



IN PHOTO: Lucien Dy Tioco, The Philippine STAR Executive Vice President; Fang Fang Li, LHDF Chief Advocate

For those who missed the She Slays 2025 Convention, the Love Hope Dream Foundation's online art exhibit remains accessible through its official website: <https://lovehopedreamfoundation.org/>. Additionally, a dedicated online merch store is in the works, ensuring that more people can easily support the Foundation's cause – anytime, anywhere.

NOURISH & FLOURISH LIVELIHOOD PROGRAM



Promoting proper nutrition comes with its challenges, but ensuring it is accessible and effective is rewarding. The Love Hope Dream Foundation (LHDF) kicked off 2025 with its first livelihood training program, **Nourish & Flourish: Health & Livelihood for Breast Cancer Warriors**, held at the Pio del Pilar Barangay Hall in Makati City. The program aims to help breast cancer warriors gain new skills, build self-reliance, and improve their quality of life through sustainable income opportunities.

IN PHOTO: Chef Remz Castanas demonstrates how to prepare chicken and vegetable stir-fry.

Chef Remz Castanas conducted a live cooking demonstration, teaching participants how to prepare a nutritious chicken and vegetable stir-fry, along with an immune-boosting smoothie. These recipes are designed to be both healthy and marketable.

In her talk, LHDF Chief Advocate Fang Fang Li emphasized the significance of nutrition in the healing process and the crucial role family support plays. ***“I wasn’t the only one who changed my lifestyle; my whole family did as well,”*** she shared.

The Nourish & Flourish livelihood program provided a valuable learning experience, encouraging a healthy lifestyle not only for individuals affected by breast cancer but also for their families.



SHAWLS OF LOVE AND SUPPORT



IN PHOTO: Breast cancer warriors share a warm embrace with their loved ones at LHDF's Cover with Love event.

As the season of love unfolded, it was the perfect time to celebrate connections and affection. The Love Hope Dream Foundation (LHDF) hosted the Cover with Love: A Valentine's Special event. This giving program aims to uplift breast cancer warriors and provide emotional support during the challenging times they face. Held at The Bloc Roof Deck, the intimate gathering brought together breast cancer patients and their loved ones – a husband, a son, a daughter, a sister, and a friend, in a celebration of love and resilience.

Despite the bad weather leading to a last-minute venue change, everyone's spirits remained high. Guests enjoyed a nutritious three-course meal prepared by Chef Remz Castañas while being serenaded by the Resus band. The highlight of the event unfolded as companions were asked to write personal messages for their loved ones battling breast cancer and then read them aloud.



This was followed by a touching moment where each companion embraced their warrior, draping them in shawls gifted by LHDF. This symbolic gesture of warmth and positivity emphasized the importance of family during tough times.



"I'm so thankful na may foundation na akong mapupuntahan," one cancer warrior shared. "May time talaga na syempre pag lahat busy, di naman nila ako naiintindihan. At least I know that right now na may mapupuntahan ako in case na may gusto ako kausapin. Thank you, Ms. Fang Fang Li, thank you for this."

("I'm so thankful there's a foundation like this I can turn to. There are times, of course, when everyone's busy, they don't understand me. At least now, I know I have somewhere to go if I need someone to talk to. Thank you, Ms. Fang, thank you for this.")

Another cancer warrior expressed, ***"Thank you so much Love Hope Dream Foundation. Nabigyan kami ng pagkakataon na mag-open-up ng aming mga saloobin tungkol sa aming mga karamdaman."***

("Thank you so much Love Hope Dream Foundation for giving us the opportunity to open up about our feelings on breast cancer.")

Cover with Love is a powerful reminder of the strength found in love, family, and support in the face of adversity. As we cherish these moments, the Love Hope Dream Foundation remains steadfast in its mission to provide unwavering support and advocacy for breast cancer warriors and their families.



The background of the entire page is a collage of fresh vegetables. In the foreground, there's a large head of green cabbage on the left, and several large, thick slices of orange carrots on the right. Behind them, more carrots and a piece of ginger are visible. To the far right, a purple onion is partially seen. The vegetables are arranged in white trays or on a white surface, creating a clean and fresh look. The text 'HEALTH & WELLNESS CORNER' is overlaid in the upper middle section.

HEALTH & WELLNESS CORNER

Discover nourishing foods, budget-friendly alternatives, and simple, nutrient-packed meals to support breast cancer warriors – crafted by Chef Remz!



TROPICAL IMMUNE BOOSTING SMOOTHIE

Give your immune system a natural boost with this refreshing tropical smoothie. Packed with vitamins, antioxidants, and essential nutrients, this drink is a delicious way to stay healthy and energized.

Ingredients:

- 1 banana
- 1 cup pineapple chunks
- ½ cup papaya
- ½ cup malunggay (moringa leaves)
- 1 tbsp calamansi juice
- 1 cup water
- 1 tsp honey

Health Tips

- **Boost Fiber:** Add chia seeds or flaxseeds.
- **Lower Sugar:** Use less fruit juice or add more leafy greens.
- **Extra Protein:** Add a scoop of protein powder or some plain Greek yogurt.

Instructions:

1. Wash the malunggay leaves thoroughly and remove any tough stems.
2. In a blender, combine the banana, pineapple, papaya, malunggay leaves, calamansi juice,
3. and water.
4. Blend until smooth and well combined. If the consistency is too thick, add more water as
5. needed.
6. Taste and add honey for extra sweetness if desired. Blend again briefly to mix.
7. Pour into a glass, serve immediately, and enjoy your nutritious tropical smoothie.

This smoothie is perfect for a morning energy boost or an afternoon refreshment.



CHICKEN AND VEGETABLE STIR-FRY

Enjoy a quick, healthy, and flavorful meal with this Chicken and Vegetable Stir-Fry. Packed with lean protein and fresh vegetables, this dish is a great way to nourish your body while keeping things light and delicious.

Ingredients:

- 200g chicken breast, sliced into thin strips
- ½ red bell pepper, sliced
- 1 carrot, julienned
- 1 cup cabbage, chopped (or broccoli florets)
- 2 cloves garlic, minced
- 1 tbsp low-sodium soy sauce
- 1 tbsp olive oil
- ½ tsp grated ginger
- 1 onion, sliced
- Very minimal salt and pepper, to taste

Healthy Tips

- **Use a Variety of Vegetables:** Include vegetables like bell peppers, broccoli, carrots, and snap peas to boost vitamins and minerals.
- **Extra Protein:** Add tofu or mushrooms for a plant-based protein boost.
- **Lower Sodium:** Reduce the soy sauce and use herbs or citrus juice for added flavor.
- **More Flavor:** Sprinkle sesame seeds or drizzle a bit of sesame oil before serving.

Instructions:

1. Heat olive oil in a pan over medium heat. Add garlic, ginger, and onion, and sauté until fragrant.
2. Add the chicken strips and cook until lightly browned and fully cooked.
3. Toss in the carrots and cabbage (or broccoli), stirring for 2–3 minutes until slightly tender but still crisp.
4. Add the red bell pepper and soy sauce, stirring for another 1–2 minutes.
5. Season with minimal salt and pepper to taste, then mix well to combine all the flavors.
6. Remove from heat and serve hot. Enjoy it on its own or with steamed rice for a hearty meal.

This quick stir-fry is perfect for a nutritious lunch or dinner.

WONDER WARRIORS

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



This second issue, we shine a spotlight on **Gertrudes "Teddy" Carmona** and **Maribeth "Beth" Pineda**, two remarkable women whose journeys embody resilience, leadership, and dedication.

FEARLESS IN THE FIGHT:

TEDDY'S JOURNEY AS A WIFE AND A WARRIOR

GERTRUDES CARMONA | Breast Cancer Warrior for 5 Years



“Cancer is now curable if detected early. So, as much as possible, follow your doctor’s advice to prevent it from worsening.”



Teddy has always been a fighter, but nothing tested her strength more than hearing, “You have breast cancer.” In 2019, just before the world changed, she and her husband, Red, began a battle of their own.

First came breast surgery, then open-heart surgery, followed by chemotherapy. It was a cycle of pain and resilience, but through it all, Red never left her side – her rock, caretaker, and partner in everything.

Then the pandemic hit, making things even harder. Transportation was scarce, and chemo sessions became a test of endurance. Some days, Teddy had to walk home after treatment, exhausted but never complaining. “If this is as far as I go, then so be it,” she would say. Even when Red suffered a mild stroke, she refused to let fear win – caring for him as if she weren’t a patient herself.

Hope kept them going. Teddy found joy in plants, filling their home with life, while Red made sure she was always comfortable. Today, she is a five-year breast cancer warrior, still standing strong.



For couples facing the same challenge, Teddy’s advice is simple: “Trust each other and stay strong, especially at this stage in life. Your children have their own families now, so in the end, it’s just the two of you. Support one another and be each other’s strength.”

FAITH OVER FEAR:

BETH'S STRENGTH THROUGH BREAST CANCER

MARIBETH PINEDA | Breast Cancer Warrior for 9 Years



“ Never lose hope. Breast cancer is a difficult battle, but with God by our side, we have everything we need to overcome it. ”



Beth Pineda's life changed in July 2016 when she discovered a lump in her breast. A biopsy, surgery, eight cycles of chemotherapy, and 30 radiation sessions followed. It was grueling, but she remained steadfast. Life slowly returned to normal – until 2022, when the cancer returned.

This time, it was stage 4, spreading to her lungs, liver, and bones. Yet, Beth never lost hope. She faced chemotherapy once again, leaning on her unwavering faith. "Cancer is nothing compared to God," she says. "If He can raise the dead, He can heal me too."

Despite the pain and fatigue, Beth continued her routine – teaching, leading, and inspiring others. As president of the Ka-Boobs support group, she created a safe space for fellow breast cancer warriors, offering support and camaraderie. Helping others fuels her spirit, whether through church, mentoring, or simply sharing a laugh.



Her journey has been filled with trials, but she embraces each challenge with faith. "God provides not just what I want, but what I need. He has never failed me." To those facing the same struggles, Beth's message is clear: "Do not be afraid. Surround yourself with love. Find strength in God's grace – our greatest healer and source of unshakable hope."

THE LHDF MERCH

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**FIERCE BRAVE
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Unisex, S - XL
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T-SHIRT**

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Unisex, S - XL
**I'M A WARRIOR
T-SHIRT**

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Unisex, S - XL
**LOVE HOPE DREAM
T-SHIRT**

PHP 750.00



THE LHDF HOODIE

Stay comfy and inspired with this cozy hoodie.



Unisex, S - XL

**I AM BEAUTIFUL
T-SHIRT**

PHP 750.00



Unisex, S - XL

**I'M A WARRIOR
T-SHIRT**

PHP 750.00



Unisex, S - XL

**LOVE HOPE DREAM
T-SHIRT**

PHP 750.00



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**I AM BEAUTIFUL
TUMBLER**

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**LOVE HOPE DREAM
TUMBLER**

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**I'M A WARRIOR
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SUPPORT OUR CAUSE

Shopping can be done anywhere and for anything, but when you purchase our products, you're empowering our incredible breast cancer warriors. Every item sold directly supports the Love Hope Dream Foundation's mission to provide hope, strength, and wellness for every warrior battling this fight.

If you're interested, feel free to contact us at info@lovehopedreamfoundation.org and make a payment using the bank details below:



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