



CHARLOTTE MAXWELL CLINIC  
INTEGRATIVE CANCER CARE

# Fall 2023 News!

Celebrating 32 Years of Compassionate Care

## Fall Greetings from CMC!



Dear Friends and Supporters~

As the vibrant hues of autumn foliage envelop us, the Charlotte Maxwell Clinic (CMC) welcomes you to our Fall Newsletter. This season, we are excited to bring you an array of enriching stories, offering insights into our commitment to holistic wellness and the remarkable individuals who make our mission possible. Our articles delve into the importance of safe cosmetics, the transformative wellness workshops our clients have embraced, and a special spotlight on our dedicated Board Treasurer. Join us on this journey through the beauty of fall, where we discover the power of self-care, community, and leadership.

Melbra Watts  
Executive Director

## News & Events



### Getting to Pink with Safe Cosmetics

Understanding the risk factors and symptoms of breast cancer, and the importance of regular screenings can save lives. Mammograms, clinical breast exams, and self-exams are essential tools in the early detection of breast cancer, increasing the chances of successful treatment. Encourage your loved ones to schedule screenings and to be vigilant about their breast health.

As part of a broader mission toward breast health is the critical significance of safe cosmetics. From make-up, nail polish, and deodorant, to lotions, hair treatments, toothpaste, and more, cosmetics have been an integral part of self-expression, culture, and beauty routines across the globe. However, what many individuals may not realize is that the personal care products we use daily can contain harmful ingredients. Cosmetics often include various chemicals and toxins that, when absorbed through the skin or inhaled, can pose health risks. The adverse effects of these toxic ingredients extend beyond skin irritation and allergies. Some chemicals found in cosmetics, such as parabens and phthalates, have been associated with hormone disruption and, in some cases, an increased risk of breast cancer. For more information and Tips for Prevention, check out: <https://www.bcpp.org/our-work/tips-for-prevention/>.

### Empowering Wellness Through CMC's Workshops and Healing Programs

Summer kicked off with a crescendo of positivity as CMC hosted its first person workshops since the pandemic. The Stress Reduction Workshop, conducted over four sessions throughout July and August,



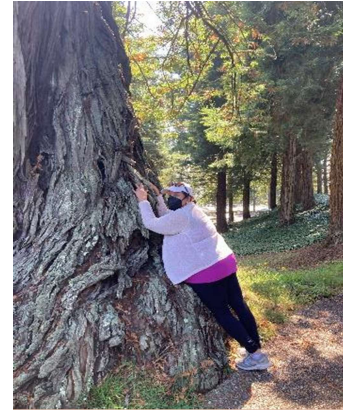
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brought together a total of 13 clients, fostering connections among both English and Spanish speakers. Guided by Dr. Natasha Bertrand through a collaboration with [Akhila Health](#), this workshop aimed to build a sense of community, teach practical stress reduction techniques, and empower clients to create vision boards filled with inspiration.



September and October saw the harmonious reverberations of Sound Healing. Roxy Rogalski, a dedicated volunteer practitioner with CMC, led these sessions with grace and expertise. A rotating group of 12 clients, representing both English and Spanish speakers, embarked on a soul-soothing journey. Roxy's sessions provided a sacred space for individuals to explore their healing paths. Through deep presence and sound, the sessions promoted holistic healing, garnering resounding success.

In September, CMC ventured into the heart of nature with the [Mount Sutro Health in Nature Program](#), a day of healing activities on San Francisco's Mount Sutro. The program was a blend of outdoor tai chi, a serene nature walk, chair massages, native tea tasting, and a nourishing lunch. A total of 13 clients, including Spanish, Cantonese, and English speakers, came together to savor this rejuvenating experience. To ensure accessibility and inclusivity, a CMC volunteer fluent in Cantonese was present to provide interpretation along with Spanish-speaking staff.



The Charlotte Maxwell Clinic's commitment to providing empowering holistic wellness experiences has not wavered. These workshops have resonated deeply with our clients and we look forward to continuing and expanding our programs nurturing the well-being of all those who seek our support in 2024.



## More New Volunteers Join CMC!

On October 21<sup>st</sup>, CMC had a robust turnout for its 5<sup>th</sup> and final volunteer training event for the year. A total of 17 new volunteers specializing in a variety of modalities, from lymphatic massage, reiki, nutrition, yoga, acupuncture, and more to human resources and video production, attended the half-day training to learn about integrative oncology, cultural humility and CMC's clinic operations.

If you are interested in volunteering, please check out our website's [Volunteer page](#). For any questions, you may reach out to us by email at [volunteers@charlottemaxwell.org](mailto:volunteers@charlottemaxwell.org), or phone at (510) 601-7660 ext. 8.

## Upcoming Cancer Awareness Night with the Golden State Warriors!

Charlotte Maxwell Clinic is excited to announce the Golden State Warriors' 2nd annual Cancer Awareness Night Out is back and it's taking place Thursday, November 16th, at 7pm at the Chase Center in SF in a game hosting the Oklahoma Thunder.

GSW has allocated a limited number of seats for us to sell to our supporters. There are no extra fees associated with ticket prices. CMC will also have a table at the event.



To reserve your seats and purchase tickets, please email Melbra Watts at [mwatts@charlottemaxwell.org](mailto:mwatts@charlottemaxwell.org).

## Seeking Volunteers for CMC Events Planning Committee



CMC's Event Planning Committee will work to find meaningful community events that CMC can participate in and help connect us with potential corporate sponsors that will support our event. The committee will also be responsible for the planning and implementation of the first Annual Thriving Survivor's Breakfast in celebration of Charlotte Maxwell's birthday in April 2024. Committee meetings happen every first Tuesday of the month via Zoom and are designed for volunteers to participate even if they have busy schedules. If you are interested in joining the planning committee, please email Shanna Webb at [swebb@charlottemaxwell.org](mailto:swebb@charlottemaxwell.org).

## 8th Annual Musical Extravaganza Delivers Outstanding Performance

CMC would like to thank all of those who supported the 8th Annual Musical Extravaganza to Benefit Charlotte Maxwell Clinic held October 8th at the Freight & Salvage in Berkeley. The musical concert was a huge success as new and old fans shared their excitement in person and via live stream. Jazz radio icon, Melanie Berzon, emceed the event. Rashida Oji gave a moving spiritual invocation, new Oakland band S P I R I T captivated audience members with original pieces and moving stories between sets, and feature artist Marcelle Davies Lashley wowed the audiences with her vocal virtuosity in soulful and jazz renditions of R&B and Broadway standards. CMC extends a special thanks to Freight & Salvage, their volunteers, and Judy Graboyes, the producer of the show.



## Giving Tuesday: A Time for Grace and Gratitude

Giving Tuesday is fast approaching, and on November 28, 2023 the whole world will join together to promote charitable giving. Each year, Charlotte Maxwell Clinic celebrates an important theme. This year, we celebrate Grace and Gratitude, and the importance of having both as we walk through the journey of cancer and chronic illness. Remember, we are here for you.

Charlotte Maxwell Clinic invites you to participate in the Giving Tuesday movement to support our mission to provide compassionate integrative healthcare to underserved, low-income women in the Bay Area. You can make your donation to the Giving Tuesday campaign for Charlotte Maxwell Clinic by clicking here:

[https://www.flipcause.com/secure/cause\\_pdetails/MTkwNDM4](https://www.flipcause.com/secure/cause_pdetails/MTkwNDM4)



## In Conversation with Jean Snider: A Journey of Compassion and Dedication

Jean Snider's career spans 37 years, during which she dedicated her talents to just two extraordinary organizations - Northwestern Mutual Life Insurance Company and Stanford University. She cherishes the experiences she gained at these institutions, where she was inspired by supportive cultures and engaging work. But it's her commitment to giving back that truly defines her. Jean's

volunteer activities have always revolved around her passions and experiences, from youth-focused initiatives during her children's school years to her current dedication to women's issues and equity.

Jean joined CMC's board over three years ago and became the Board Treasurer. She was drawn to CMC by its mission of women helping women, the provision of symptom-mitigating treatment for cancer patients, its storied history, and the unwavering commitment of its practitioner volunteers.

Jean's personal connection to cancer is both poignant and profound. Her mother battled two primary cancers within a year, enduring a rollercoaster of emotions, pain, and recovery. Tragically, her mother passed away at the young age of 62. "My family had the means to make her as comfortable as possible with integrative care--massages in particular. I don't believe any woman should have to suffer from this disease without as much help and support as possible, and in a safe and warm environment. CMC volunteer practitioners are true heroes in my mind, and I believe our role on the Board is to enable them in every way to serve CMC's clients."

Jean envisions a brighter future for CMC. She hopes to spread the word about CMC, garner increasing support for it, and expand the number of clients served. "It is a small but mighty organization with the foundation to grow and serve more clients with more benefactors," she says.

*Thank you, Jean, for your unwavering commitment and for being a shining example of service and compassion during these times of change and growth. Your dedication to CMC is truly remarkable and greatly appreciated.*



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[charlottemaxwell.org](http://charlottemaxwell.org)

411 30th Street, Suite 508  
Oakland, CA 94609  
510-601-7660

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