



CHARLOTTE MAXWELL CLINIC  
INTEGRATIVE CANCER CARE

# Summer 2023 News!

Celebrating 32 Years of Compassionate Care

## Summer Greetings from CMC!



Melbra Watts  
Executive Director

Dear Friends and Supporters~

Summer is a time of vibrant growth, a time when nature blooms in all its glory. Similarly, our organization continues to blossom as we expand free access to our services, welcome new staff, and celebrate our accomplishments. Through our efforts, we aim to offer a ray of hope and a helping hand to those who are facing the worst—a cancer diagnosis. In the face of adversity, we have witnessed extraordinary stories of resilience and courage as described in recaps of our Wellness and the Healing Journey virtual event and Love Letters to our Bodies collaborative workshop. It is a privilege to see individuals transform their darkest moments into opportunities for growth and inspiration.

As we recognize the blessings that surround us, even in the midst of challenges, gratitude is our guiding light, illuminating our hearts and reminding us of the precious gift of life we have been given. Thank you for your unwavering support and for being an integral part of our mission. Your kindness and generosity bring hope to those who need it most.

## News & Events

### Expanded Eligibility for CMC Services

As more people than ever are facing economic challenges in the Bay Area, CMC has expanded eligibility for free access to its services from 250% to 350% or less of the [Federal Poverty Level \(FPL\)](#). The change is based on recommendations from a Columbia University Mailman School of Public Health graduate study.

If you are a woman with a cancer diagnosis or recurrence within the past 2 years and have an individual income up to \$51,030 per year, or up to \$105,000 for a family of four, you may be eligible for CMC’s integrative care services.

More details are on our website about [eligibility guidelines](#), [how to become a CMC client](#), or [to make a referral](#). For any questions, contact CMC’s Client Services Department by calling (510) 601-7660 x6 or emailing us at [mail@charlottemaxwell.org](mailto:mail@charlottemaxwell.org).

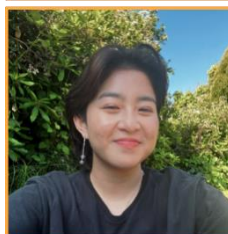
### CMC Welcomes New Staff



**Shanna Webb** joined Charlotte Maxwell in May as **Development Director**. She has over a decade of experience in nonprofit fund development and public relations. “I am passionate about nonprofit development to help community organizations solve real problems and relieve human suffering.”



**Shawdria Besant** joins CMC as the new **Peer Navigator** in its partnership with community group Black Ladies Advocating for Cancer Care (BLACC) and Stanford School of Medicine. She is a dual degree candidate in a MS in Oriental Medicine/Doctor of Acupuncture & Integrative Medicine program at AIMC Berkeley, and a veteran of the armed forces.



CMC is also pleased to welcome our new **Intern, Kori Lee**, who is a student at the University of California, Berkeley where she is currently working on her undergraduate degree in Sociology and Media Studies. She will be helping CMC update and expand our resource guide for clients.



## Training New Volunteers!

Last April, CMC trained 11 new practitioner and program support volunteers. The new cohort brings diverse skill sets, including acupuncture, Chinese medicine, data analysis and more. "We are so grateful for the many skilled and talented volunteers that make it possible for Charlotte Maxwell Clinic to provide complementary integrative care at no charge to our clients," said CMC's Volunteer Manager Lisa Hartfield.

If you are interested in volunteering, please check out our [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.

## "Love Letters to Our Bodies" Program

In recognition of the devastation that cancer is having on the Black community, [Moyo Institute](#) collaborated with Charlotte Maxwell Clinic and [The Smith Center for Healing and the Arts](#) in Washington, DC on a grant funded by the Lloyd Symington Foundation in 2022 and again in 2023 to create and offer a "Love Letters to Our Bodies" program for African American women journeying with cancer.

The program focuses on the mind/body/spirit connection, features powerful presentations by dynamic women about their cancer journeys, and culminates with participants expressing a new appreciation for their bodies through the writing of love letters. You may view some of their love letters here: <https://www.moyoinstitute.org/love-letters-to-our-bodies>.

The next "Love Letters to Our Bodies" workshop will be held online July 29/30. For further details and registration, check out this link: <https://bit.ly/Love-Letters-July2023>.

**LOVE LETTERS TO OUR BODIES**

**For Black Women Cancer Patients & Survivors**

**FREE WORKSHOP**  
July 29 & 30, 2023

SMITH CENTER FOR HEALING & THE ARTS  
community • wellness • cancer • support

MOYO INSTITUTE, INC.  
IN COLLABORATION WITH

CHARLOTTE MAXWELL CLINIC  
INTEGRATIVE CANCER CARE

Funded by Lloyd Symington Foundation

More info & registration at [moyoinstitute.org](https://moyoinstitute.org)

## A Thank You Gift for Our Supporters!



Each August, we are reminded to take a moment to think about the people we love and the causes we care about, and to check this important task off our to-do list. You can get started today, thanks to [Freewill](#), a free, online resource that guides you through the process of creating your will, and only takes 20 minutes to complete.

[Write my free will](#)

Create your legacy and join 550,000+ people who are making a lasting difference or what matters most to you. Whether you're 18 or 80, there's no better time than now to find some peace of mind in planning for the future.





## Meet Board Secretary Poorvi Satya

Fresh out of college and working for a medical device company, Poorvi Satya joined CMC’s Board of Directors in January 2020 at which time she was elected as board secretary. “After an initial meeting with the team, I knew this was an organization I was destined to be a part of. I wanted to help in any way I could - just like the hundreds of practitioners and volunteers that are the heartbeat of the clinic,” Poorvi said.

Since that time, not only has she adroitly documented our monthly board meetings, but at a critical time during the peak of the pandemic, helped CMC navigate various operational and fundraising challenges and led the revamping of our website. Inspired to learn more about the unique aspects of healthcare that impact total health, Poorvi went on to graduate school and partnered with classmates and professors to provide a comprehensive marketing and communications strategy for the clinic.

CMC is immensely grateful for Poorvi’s contributions, and proudly congratulates her on her recent graduation with a Master of Health Administration from Columbia University and selection as an Administrative Fellow at UCSF Health. “The work CMC does is important. My hope is that CMC can continue to provide free care well into the future and expand to serve more communities that need the services. I also hope that research and work into integrative care continues and one day becomes a standard part of every individual achieving total health.” *Thank you, Poorvi!*

## Embracing the Worst, Becoming their Best!

That was the theme that came through CMC’s first virtual event, Wellness and the Healing Journey, held in May and attended by more than 80 people throughout the community. ABC 7 was the media sponsor.

Featured speaker, Emmy-award winning journalist Ysabel Duron, shared how when she was diagnosed with cancer in 1999, she turned the camera on herself and created a three-part series about cancer and advanced treatments. “I was determined that I would be in charge of it, instead of it being in charge of me,” said Duron, who was a news anchor for 40 years and is now a patient advocate and policymaker.



Fitness expert and CMC volunteer Tricia Probert demonstrated the important roles that stretch and movement play in our overall physical and mental health. And life coach, author, and cancer “thriver” Edna Castillo, also a CMC volunteer, discussed the importance of daily meditation, gratitude, and positive intention to live successfully through life’s challenges.

## Supporting the Walk for Hope



CMC staff participated in the May 2023 Hope Walk hosted by the [Cancer Support Community San Francisco Bay Area](#). “Walk events are vital because they give organizations a chance to share with the community what we do and who we do it for. Also, it gives us opportunities to collaborate with other organizations to provide more resources for people living with cancer. We are grateful to be a part of this special event,” said Shanna Webb, CMC’s Development Director. [Cancer Support Community](#) provides a variety of free services for cancer patients and their loved ones, including workshops, support groups and emergency financial assistance.

# SAVE THE DATE— Musical Extravaganza is Back!

The 8th Annual Musical Extravaganza to Benefit Charlotte Maxwell Clinic is back to deliver an exciting and entertaining experience for old and new fans alike.

Returning to headline the show is [Marcelle Davies Lashley](#), direct from Brooklyn, New York, backed by Bay Area bandleaders [Vicki Randle](#), [Shelley Doty](#) and [Kofy Brown](#).

S P I R I T, a new local band featuring [Destiny Muhammad \(Harpist from the Hood\)](#), [Michaelle Goerlitz](#), [Valerie Joi](#), and [Caroline Chung](#), will open the show.

*Tickets go on sale August 15<sup>th</sup> at [Freight & Salvage](#).*

## 8th Annual Musical Extravaganza to Benefit the Charlotte Maxwell Clinic

Sunday, October 8th, 2023  
7:00 PM  
Freight and Salvage  
2020 Addison St, Berkeley, CA 94704

### Headliner

**Marcelle Davies Lashley**  
Direct from Brooklyn, NY  
[www.marcelledavieslashley.com](http://www.marcelledavieslashley.com)

Marcelle will be backed up by her band consisting of Bay Area bandleaders **Vicki Randle, Shelley Doty, and Kofy Brown.**



