



CHARLOTTE MAXWELL CLINIC
INTEGRATIVE CANCER CARE

Spring 2024 Greetings!

Celebrating 33 Years of Compassionate Care



Dear Friends~

As the flowers bloom and the days grow longer, we at Charlotte Maxwell Clinic (CMC) are thrilled to share our latest Spring Newsletter. During the past year, we were able to grow our staff, allowing us to serve more clients and provide them with an even broader range of services. This growth is a testament to the dedication and hard work of our team, as well as the unwavering support we've received from our volunteers, partners, board of directors, supporters, and funders.

We invite you to read our 2023 Impact Report and discover the impact of your generosity firsthand. Your contributions have made a tangible difference in the lives of those we serve, and we are immensely grateful for your continued support.

Warmly~
Team CMC

News & Events

A Special Thanks to our 2024 Grant Funders!



THANK YOU TO ALL OUR GENEROUS SUPPORTERS!

Your financial contributions ensure that those in need can access CMC services in 2024 and beyond.



Collaborative Partnership Launches Recruitment for New Peer Navigation Program at CMC

We are excited to announce CMC's collaboration with Black Ladies Advocating for Cancer Care (BLACC) and Stanford Office of Community Engagement for implementation and refinement of a new Peer Navigation Program aimed at providing comprehensive support to Black/African American women undergoing breast cancer treatment and survivorship. This three-year project, funded by the California Breast Cancer Research Program, builds upon a preliminary study conducted by BLACC and Stanford. The study highlighted the significance of an integrative medicine approach, including holistic complementary therapies, in enhancing the quality of life for Black women throughout their breast cancer journey.

We are currently recruiting participants for the program. For further details including description, benefits and how to participate, feel free to call (510) 603-3284 to speak with a program representative, or find out complete details at this link: https://linktr.ee/blacc_stanford_cmc.

Board Highlights

Celebrating New Leadership and Continued Growth at CMC



As we bid our heartfelt farewell to former Co-chair Annette Walton, who has retired, Co-chair Alice Gandelman has been elected to the full role of Board Chair. A UCSF training consultant specializing in HIV/AIDS, Alice brings a wealth of experience and passion for CMC's mission,

stating, "I am thrilled and honored to continue to guide this incredible organization. I am excited for the growth and expansion of CMC and trust that the next year will bring blessings and successes to help it continue to thrive."

Joining Alice in leadership is our newly elected Vice Chair, Poorvi Satya, formerly Board Secretary. An Administrative Fellow at UCSF Health, Poorvi shares Alice's dedication to expanding CMC's impact and advancing integrative care.



We also welcome Magdalena Palavecino, who joined the board last year, as our new Secretary. A financial analyst with NYC Health and Hospitals, Magdalena's expertise will be invaluable as we navigate new challenges and opportunities.

We extend our gratitude to Jean Snider, who continues to serve as Treasurer, bringing her more than 20 years of experience from Stanford's Real Estate Division to our financial management.



Over the past year, CMC's board has expanded from 7 to 10 members, reflecting our commitment to diversity, inclusion, and robust governance. To ensure effective oversight and strategic direction, we have established four committees: Operations, Finance, Governance, and Space, each led by dedicated board members committed to advancing our mission.

As we embark on this new chapter under the guidance of our dynamic leadership team, we remain steadfast in our commitment to providing integrative care to those in need. Together, we look forward to a future filled with growth, innovation, and continued impact as we strive to make integrative care a standard part of every individual's healthcare journey.



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2023 IMPACT REPORT

January 1, 2023 to December 31, 2023

In 2023, Charlotte Maxwell Clinic demonstrated significant growth and impact in its mission to provide compassionate, integrative care to low-income, under-served and immigrant women battling cancer in the San Francisco Bay Area. The stats, numbers and operational highlights are below.



The Stats



212

Unduplicated Clients

↑25% over 2022



2,003

Client Visits

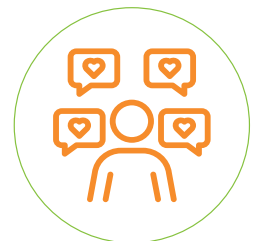
↑25% over 2022



90

Practitioner Volunteers

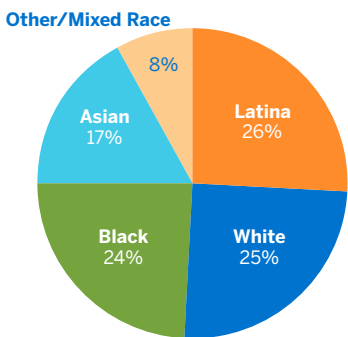
↑18% over 2022



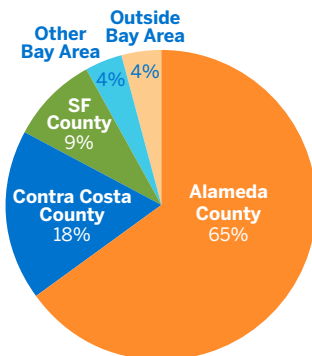
28

Program Support Volunteers

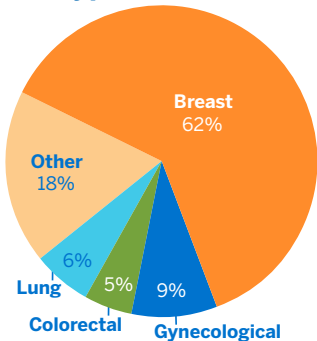
Ethnic Makeup of Clients



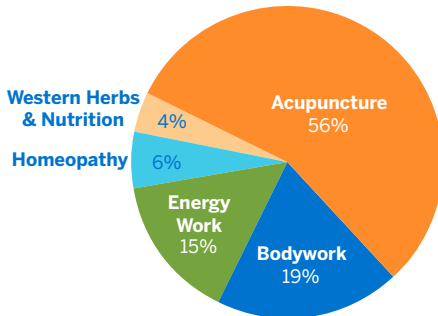
Where Our Clients Live



Types of Cancer



Modalities Provided



The Numbers

Income

Individual Gifts	\$119,598
Grants (restricted & unrestricted)	\$498,609
In-Kind Services & Goods	\$367,767
Events	\$17,870

Total Income: \$1,003,844

Expenses

Administration	\$130,088
Client Services	\$479,332
Nutrition, Herbs & Clinic Supplies	\$120,637
Fundraising	\$178,862
Volunteer Services	\$314,900

Total Expenses: \$1,223,819

Learn how you can get involved:
charlottemaxwell.org

411 30th Street, Suite 508, Oakland, CA 94609

Phone 510-601-7660 • mail@charlottemaxwell.org

Operational Highlights

To serve more women impacted by cancer, CMC enacted the following **Operational Enhancements:**

- Expanded income eligibility criteria from 250% to 350% of the Federal Poverty Level in recognition of the heightened cost of living in the Bay Area.
- Recruited and trained 61 new volunteers to provide practitioner services and program support.
- Extended clinic operations from 3 to 4 days a week, ensuring greater accessibility for clients to acupuncture, massage/bodywork, reiki, homeopathy, yoga therapy, and nutrition consultation appointments.
- Increased telehealth sessions to accommodate clients unable to visit the clinic in person.
- Hosted 54 in-person and online workshop sessions, offering diverse opportunities for wellness and support including weekly Qi Gong and Reiki classes, a series in stress management, two “healing in nature” excursions, a sound healing series, and a “cooking for the holidays” demonstration.
- Expanded our free food pantry, providing clients with an array of organic veggies, nourishing soups, and wholesome prepared meals from various vendors and chefs.

To enhance client care, CMC forged the following **Community Partnerships:**

- With Acupuncture and Integrative Medicine College, Academy of Chinese Culture and Health Sciences, and Samuel Merritt University, to facilitate provision of additional services to CMC clients, including community acupuncture and occupational therapy support.
- With community group Black Ladies Advocating for Cancer Care and Stanford Office of Community Engagement, to implement a Peer Navigation program at CMC to support African American women during breast cancer treatment and survivorship.
- With Moyo Institute and The Smith Center for Healing and the Arts (in Washington, DC) to provide virtual wellness workshops tailored to the needs of African American women facing cancer.

To raise awareness and support for its mission, CMC participated in the following **Community Engagement and Outreach Activities:**

- Tabled in 5 community events in Alameda, Contra Costa and SF counties.
- Spearheaded “Wellness and the Healing Journey” virtual event that featured prominent Latina speakers and attracted over 80 partner and community participants.
- Helped promote “The 8th Annual Musical Extravaganza to Benefit Charlotte Maxwell Clinic” which drew over 200 patrons in person and via live stream.
- Participated in the Golden State Warriors’ Cancer Awareness Night at the SF Chase Center.

Client Testimonial

Through expanded services, strategic partnerships, and community events, CMC ensured that those in need received comprehensive support on their healing journey, like Marlene A., a retired teacher and stage 3 cancer survivor:

“Before I had cancer, I had a very active and engaged life...[and] was happy and fulfilled. I was diagnosed with esophageal cancer in February 2023. I had radiation, chemotherapy, and an esophagectomy, and I spent two months and four days in the hospital after my surgery. I’d learned about CMC about 30 years ago from a friend who was supporting her friend through her cancer experience. I started coming to CMC in about April 2023. The modalities I use for treatment are acupuncture and massage. Acupuncture helps with activating my energy and with depression; massage helps my body to relax. I feel so nurtured, taken care of and seen at CMC. The treatments are helping me get through PTSD from my time in the hospital and... move through the long process of recovering from my surgery. I am so grateful CMC is there.”

After receiving 23 sessions of complementary therapy support from the Charlotte Maxwell Clinic in 2023, Marlene felt compelled to give back. Recently, she has become a fundraising committee volunteer to help ensure CMC continues to make a meaningful difference in the lives of other women on a similar healing journey.

