

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



March 2024

RESEARCH TEAM SPOTLIGHT

Claudia J. Campos Galván, MA, LGPC, TTS

Cancer Center Administrator Community Health
Worker Lead, GW Cancer Center



Claudia Campos Galván is a clinical psychologist, who during the last 20 years, has focused her work on psycho-oncology, especially in community based participatory research (CBPR), and patient navigation. She has also been a community leader in the fight against health inequities

in racial and ethnic minoritized groups in the United States. She is passionate about creating bridges between medically underserved populations and health services to improve well-being and quality of life.

STUDY PROGRESS HIGHLIGHTS

A total of **164** patients have enrolled in the study so far. **99** patients have completed the 6-month program, and **93 (94%)** of them reported feeling satisfied with the program.

SERVICE SPOTLIGHT:



The IRS's **Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE)** programs offer free basic tax return preparation to qualified individuals.

For the **VITA program** you have to make \$64,000 or less or have a disability.

The **TCE program** offers free tax help for anyone 60 or older. They can also help with pensions and retirement.

For more information and to find a VITA or TCE site located near you, visit <https://irs.treasury.gov/freetaxprep/> or call **800-906-9887**.

Budgeting Tips

A budget can help you organize your finances and gain a better understanding of how much money you have coming in and going out. Follow these tips to make and use a budget.

1. Figure out how much money you receive and how much money you spend each month.
2. Compare your expenses to how much money you receive each month.
3. Look for ways to cut costs. Figure out where you might be wasting money or overpaying for items and services, and think about what you are spending on needs vs. wants.
4. Find out what resources are available in your community to help with your monthly expenses. Talk to your CHW about resources that may be available to you.