

STORIES THAT HEAL. ADVOCACY THAT MOVES.

MAXAM

Magazine

FEATURING

Kaïhlyn Bezema

Breast Cancer Advocate

She is a mother, doctor, and breast cancer patient embracing her journey with courage, faith, and grace as she turns pain into purpose.

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REPORT



MaxaM Foundation is a purpose-driven non-profit organization committed to advancing education and mental health awareness in underserved communities, particularly in the Philippines. Rooted in compassion and lived experience, MaxaM empowers students through scholarships, learning tools, and school outreach while also addressing the often-silent struggles of emotional well-being.

From grassroots support to global advocacy, MaxaM bridges the gap between opportunity and dignity, helping individuals rise beyond survival toward a future of purpose.

Education. Healing. Hope.

This is MaxaM. Where missions begin with the heart.

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KNOW ABOUT

Kathlyn Bezema



Kathlyn Therese Criste-Bezema's story is one of courage, faith, and resilience. A devoted wife, mother, and medical professional, she has spent her life serving others only to find herself, years later, facing the very illness she once helped others fight. Born to Engineer Catalino Criste and Professor Maria Sonia Rivera Criste, Kathlyn grew up in a family that valued education, compassion, and service. Her early years in the Philippines were filled with purpose as she pursued her dream of becoming a doctor. She went on to serve as a mission doctor with both local and Canadian specialists. She volunteered at the Corridor of Hope Global City, where she worked with cancer survivors long before her own diagnosis.

Her career reflected not only dedication but heart. As a medical and dental team leader at Manulife and later as the founder of Criste Medical Clinic, she made it her mission to provide accessible, high-quality healthcare to communities in need. Even after the clinic closed following the pandemic, her commitment to service did not stop. From the Netherlands, where she settled with her husband Jeroen and their daughter Sophie, she continued to find ways to support medical frontliners and raise awareness for health causes.

Life in the Netherlands brought new beginnings and quiet joys. Kathlyn found fulfilment working in a dermatology clinic, helping other foreign doctors integrate into the Dutch medical system, and cherishing her role as a mother. Then, in July 2025, her life took an unexpected turn when she was diagnosed with Stage 3C breast cancer with metastasis to five lymph nodes. The news came just as she and her family were preparing for a trip, a reminder of how suddenly life can change. Yet even in shock, she found strength in faith. "Lifting up to the Lord my healing," she says, became both her prayer and her daily practice, a surrender to God's will and a trust in His power to restore body, mind, and spirit.

Kathlyn's journey is a mirror of grace under pain. As a doctor turned patient, she continues to face each day with courage and gratitude, finding light through advocacy, community, and love. Her story reminds us that healing is not only physical but spiritual, a process of rediscovering hope in the midst of uncertainty, and of continuing to serve even when the heart is tired.

LIVE YOUR PURPOSE

FAITH IN THE MIDST OF HEALING

When Kathlyn began her treatment, she knew it would test not only her body but also her spirit. Chemotherapy started on September 18, 2025, at HMC Antoniushoeve in the Netherlands. It was the beginning of what she calls “the greatest exam of my life.” Each session came with physical pain, fatigue, and sleepless nights, but also with quiet moments of gratitude. She found comfort in prayer, in nature walks with her husband Jeroen and daughter Sophie, and in the small victories that came with every test result that showed progress.

In her own words, she describes this season as both a battle and a blessing. “To heal, we must first surrender,” she shared, reflecting on the paradox of chemotherapy, a treatment that makes one sick in order to bring healing.

Her strength became evident not in the absence of struggle, but in how she faced it. Between treatments, she continued to find ways to give back, using her story to raise awareness about breast cancer and mental health. Through her GoFundMe campaign, she helped raise funds not only for her own Toupin hairband but also for another child fighting cancer. What began as a personal journey became a movement of shared hope and compassion.

Kathlyn’s faith never wavered. She continued to pray, attend medical support groups, and volunteer whenever her energy allowed. Surrounded by love from her family, friends, and colleagues, she learned to embrace vulnerability as a form of strength. Her relationship with her husband deepened through this shared trial. Their 10th wedding anniversary in November 2025 became more than a celebration of years together; it was a celebration of endurance, love, and faith in the promise of healing.

Despite the challenges, Kathlyn continues to inspire others with her positive spirit. She often reminds those around her that healing is not only about medical treatment but also about emotional and spiritual renewal. Through the ups and downs of her treatment, she keeps her focus on gratitude for life, for her daughter’s laughter, for the prayers of friends near and far.

Her message is simple yet powerful: “Every day I wake up is already a victory.”

TURNING PAIN INTO PURPOSE

As Kathlyn continues her recovery, she finds meaning in transforming her struggle into purpose. What began as a personal battle has grown into a calling to serve others. She dreams of establishing a medical foundation that offers affordable healthcare, promotes early cancer detection, and supports patients emotionally through every stage of their journey. Her vision is to turn compassion into action and ensure that no one faces illness feeling alone.

Living with cancer has deepened Kathlyn's appreciation for the simple things, such as a morning with her daughter Sophie, laughter at the dinner table, and the quiet strength of her husband Jeroen. She sees each day as a gift, guided by faith and anchored by love. Even on difficult days, her outlook remains hopeful, reminding herself that survival is not only about staying alive but about finding joy and purpose in the process.

Her openness about her experience has inspired others to speak more freely about illness and emotional pain. Through her story, she encourages women to embrace vulnerability as a form of courage. Kathlyn continues to connect with patients and friends, sharing practical advice and comforting words, reminding them that healing is not just physical but also emotional and spiritual.

Looking ahead, Kathlyn remains determined to give back. She hopes to continue her volunteer work at HMC Antoniushoeve and to expand her advocacy for trauma-informed care in both medical and emotional settings.

Her journey is far from over, yet it already stands as a symbol of strength, faith, and grace. It is proof that even in life's hardest chapters, it is possible to turn pain into purpose and keep shining for others.

ADVOCACY IN FOCUS: EDUCATION & MENTAL HEALTH



Mental Health Awareness Among Today's Youth

In today's world, mental health is no longer a quiet topic. It has become a conversation that young people are courageously bringing into the open. Across schools, universities, and online spaces, more young individuals are speaking up about anxiety, depression, trauma, and the pressures of modern life. They are not just seeking help; they are demanding change. This change goes beyond awareness and moves toward understanding and action.

The past few years have tested this generation in ways that few could have predicted. Between social isolation, academic stress, digital comparison, and the uncertainty of the future, many young people have learned to hide their struggles behind a smile. Yet, what we see today is a shift: a generation that values emotional honesty as much as academic achievement. They are teaching the world that asking for help is not a sign of weakness but a step toward healing.

For this reason, it has become essential for governments, schools, and institutions to take mental health as seriously as physical health. Support should not stop at crisis intervention. It must include trauma-informed systems that recognize how experiences of neglect, abuse, migration, poverty, or loss shape a young person's behavior and emotional well-being. A trauma-informed approach does not ask, "What's wrong with you?" but rather, "What happened to you, and how can we help you feel safe again?"

When mental health assistance is trauma-informed, it changes the outcome of a young person's life. Teachers learn to recognize emotional distress rather than label it as defiance. Health workers listen with empathy before suggesting treatment. Policymakers begin to design programs that address root causes instead of symptoms. Healing becomes not just an individual responsibility but a shared societal goal.

The call is clear: we must build systems that make compassion a standard, not an exception. Every child and young adult deserves access to safe spaces, trained professionals, and environments where they can speak freely without fear of stigma. Investing in trauma-informed care is not just about preventing mental health crises. It is about raising a generation that knows how to cope, connect, and contribute meaningfully to the world.

As we continue to listen to the voices of the youth, we are reminded that mental health is not a privilege. It is a right. Supporting them with understanding and trauma-informed care is one of the most powerful ways to secure a stronger, kinder future for all.

SOULFUL PHOENIX: VOICES THAT RISE

A Historic Moment for Women's Representation in the Netherlands

by: Lina Gabbaoan

On October 29, 2025, the people of the Netherlands went to the polls in a snap election to fill the 150 seats of the House of Representatives (Tweede Kamer) after the previous government collapsed. Among the most remarkable outcomes of this election was the historic increase in female representation. Women now hold around 43 per cent of the seats in parliament, the highest number in Dutch history.

For the women's healing and empowerment community at Soulful Phoenix, this moment carries deep meaning. It signifies that more women's voices are entering spaces where decisions are made and where advocacy can become action. It also means that lived experiences are finally being acknowledged and represented in politics. Many women who have gone through trauma, recovery, migration, or resilience now see leaders who understand their stories and can speak for them at a national level.

When women who have faced emotional adversity, whether as survivors, caregivers, or advocates, step into leadership, their presence brings more than symbolic change. It creates the possibility for policies that prioritise emotional safety, trauma-informed support, and inclusive mental health systems that reflect the realities so many quietly carry.



This election may mark a turning point, one where communities shaped by healing and empathy are no longer standing outside the halls of power but are now part of shaping them. Yet, representation alone is not enough. The next challenge is ensuring that these women leaders receive the support, visibility, and collaboration they need to help build systems grounded in compassion and understanding.

At Soulful Phoenix, we celebrate this milestone with gratitude and hope. We honour every woman who chose to run, to vote, and to show up for change. And as we look ahead, we hold space for a future where women continue to lead with courage, empathy, and the unwavering belief that healing can coexist with power.

CELESTIAL UNIVERSE EXCLUSIVE

Celestial Universe Int. Finals 2026

Amsterdam, The Netherlands | July 6–12, 2026



Celestial Universe Expands Across the Globe

The Celestial Universe movement continues to grow, reaching women from every corner of the world who are ready to rise, lead, and inspire. From the colourful nations of Asia to the elegant capitals of Europe, the warm lands of Africa, and the vibrant coasts of Australia, the circle keeps widening as more candidates from the Americas join the platform. More national directors are joining the platform each month, eager to bring the Celestial Universe mission into their own countries. Their enthusiasm reflects a shared belief that empowerment, compassion, and leadership can create real and lasting change.

As the excitement builds, preparations are well underway for the Miss & Mrs. Celestial Universe International Pageant Week, which will take place in Amsterdam, the Netherlands, from July 6 to 12, 2026. This seven-day event will bring together women from different cultures and backgrounds to share stories, exchange ideas, and celebrate the power of community. The pageant week will include leadership workshops, cultural showcases, and charity events that highlight the heart behind the crowns.

Adding a touch of artistry to this milestone is the unveiling of the handcrafted Celestial Crown, a symbol of grace and strength made by our European crownmaker. Each detail of the crown carries meaning, representing unity, resilience, and the light that women bring into the world. The Ambassador's Crown, which is now almost complete, will soon be presented to the first International Celestial Ambassador. She will have the honor of crowning the national representatives during the sashing and crowning ceremony that opens the pageant week.

This moment marks more than the birth of a global competition. It is the beginning of a movement where every participant becomes part of a growing legacy of empowered women who choose to lead with kindness and purpose. The journey continues, and the world is watching closely to see who will wear the first Celestial Ambassador Crown, the woman who will represent not only beauty but the shared light of women across the globe.

PARTNER & SPONSOR SPOTLIGHT



*Hotel Engel Altenau
Germany*

Discover serenity in the heart of the Harz mountains at Garni Hotel Engel Altenau, a family-run retreat where warm hospitality meets comfort and nature's embrace. Just steps from the town centre in Altenau, this smoke-free guesthouse offers 24 thoughtfully designed rooms, freshly-buffet breakfasts, and a friendly atmosphere that welcomes families, business travellers, and holiday-seekers alike. Whether you're planning a winter escape, a motorcycle adventure, or simply craving a quiet pause from your routine, the team is ready to treat you like part of their home. Wake up surrounded by forested trails, unwind in the nearby thermal spa, and let the gentle pace of the Harz recharge your spirit.

NEXT ISSUE

DRIVE

Introducing
Mr. Patrick Abels
Celestial Universe, CEO

He is the steady-handed CEO of Celestial Universe, who blends technical precision with visionary leadership to turn global women-empowerment into real impact.



HAPPY 10TH WEDDING ANNIVERSARY MR. AND MRS. BEZEMA

A decade of love that is tested, strengthened, and refined through both joy and hardship. Today, your journey stands as a living testimony of what true partnership means: standing hand in hand through uncertainty, holding faith when the days are heavy, and finding light even in the quietest moments of pain.

To Jeroen and Kathlyn, your love story reminds us that marriage is more than vows spoken on a wedding day, but it is the daily choice to stay, to care, and to believe in healing together. As you face this season with courage and grace, may your bond remain a refuge of strength and tenderness.

Wishing you both renewed hope, gentle days, and the unwavering comfort of each other's love. Here's to ten years of togetherness and to many more chapters filled with faith, laughter, and miracles

With love & care,
The MaxaM Magazine Team



SOPHIE'S BIRTHDAY



Van harte gefeliciteerd met je
6e verjaardag!

Liefs,
Mama, Papa,
Ninang Lina, Tito Patrick,
Sam & Max