

Serena Satcher
2023 Benjamin Network Reunion
The Roberson Project on Slavery, Race, and Reconciliation
February 25, 2023

[00:00:00.170] - Serena Satcher

The flowers are nice.

[00:00:04.290] - Keenashae

So hello. This is the interview for Roberson project. We're collecting oral interviews as a way of collecting past students history. I'm Keenashae Pennicooke. I'm a freshman here, and I work at the Roberson Project. What's your name? What year did you graduate?

[00:00:21.190] - Serena Satcher

So I'm Sarah Satcher, and I graduated in 1985.

[00:00:26.170] - Keenashae

Okay, so you went to Sewanee two decades half ago, kind of. So that was definitely a time to be living in Sewanee,

[00:00:36.480] - Serena Satcher

Maybe three decades ago!

[00:00:40.030] - Keenashae

In Sewanee. So can you share any story or maybe stories that stand out in your memory about how you made your way at Sewanee?

[00:00:48.740] - Serena Satcher

Yeah, so my first memories at Sewanee are when I was a senior. My dad is an educator, and he was friends with author Ben Chitty, who used to be the historian up here. And so they invited my dad to bring me and my brother up. My brother is, like, a year behind me, and they had a place for us to stay, and they let, I guess, the dean's office know we were coming. So we got, like, the dean of the I think the dean of women and the dean of the college and the academic dean, because a lot of them already knew my dad because my dad was, like, an academic dean at an Episcopal school. An Episcopal HBCU, actually. Yeah.

[00:01:41.309] - Keenashae

What school was that?

[00:01:42.290] - Serena Satcher

So that was Voorhees college.

[00:01:48.290] - Serena Satcher

Yeah, I was in South Carolina at that time, so Voorhees College. That was my first memory. And I want to say we came in the spring, and the campus was beautiful, and I love the outdoors. It was like daffodils. I remember the daffodils everywhere, and just everything was green. It's not quite green yet here because it's not really spring yet, but yeah, and then that was a really good visit, and it ended up that I was choosing between here. The final the final two was Sewanee and MIT, believe it or not.

[00:02:28.880] - Keenashae

Oh, wow.

[00:02:29.460] - Serena Satcher

And MIT. The the students kept calling me on the phone. My parents I don't think they could at the time. They couldn't come up with the funds maybe to- for me to go up there to go visit. Back then, that was considered a long way away from home. I think my mom was not a fan of me going to Boston. And I was really tempted. I have to say. It was a hard decision. But then what I really looked at was the ability of Sewanee to get me into medical school. And they had convinced me, pretty much they were like, if you can get through the program, which is rigorous, you should be able to get in. Then I remember coming as a freshman. You know, I was one of, like, maybe four or five students that were here that were black people, and the rest was just all white, you know.

[00:03:38.310] - Serena Satcher

But it wasn't really a culture shock too me because my dad had gone to graduate school in Oregon, like in the 70s, at Oregon State University, and we were one of two black families living there. And we had lived in Africa, and we had lived in the Southeast, and we had lived in Virginia. And in Virginia all the time that I went to school, mostly there with white kids and black kids.

[00:04:11.070] - Keenashae

You had a good mixture growing up.

[00:04:12.550] - Serena Satcher

Yeah. And a lot of military in Northern Virginia. I mean, not Northern Virginia. The coastal Virginia area. Yeah. So growing up, I was exposed to a mix of cultures and kids. It wasn't a huge culture shock, but.

[00:04:28.780] - Serena Satcher

I have to say I remember freshman year too. Just sometimes, like, being lonely. Yeah, just sometimes being lonely.

[00:04:40.270] - Keenashae

And so despite the different experiences you had with different people that you grew up with, so it wasn't as easy as a transition, maybe because you found yourself lonely at times. Did you find yourself reaching out to the other black students? Did you form maybe, like, a community, get involved in different things?

[00:04:59.810] - Serena Satcher

Yeah, we had a little small community, but I think the problem with four or five people is there's not enough diversity. I have to say the kids that were here in that little small group, like, we would get together and do some things together, but we all had different majors, so we were focusing on different things. I spent a lot of time studying, and I think the rest of them didn't spend as much time as I did studying, so I kind of had to separate myself. And just, like, when I was studying, study. And then I was also in a band, and I also had a work study, and I worked outside what is it? Abbos Alley or something? There's, like, these areas that have trails, and we would be outdoors, like, cleaning up the trail.

[00:05:59.930] - Keenashae

So you were working, like, with facilities during that time?

[00:06:02.710] - Serena Satcher

Yeah, and then I also did, like, editing people, some kind of books. I don't remember who that was through. And then I did babysitting for one of the chemistry professors. Yeah. And I did the babysitting jobs all the way until I graduated. I used to babysit the people that have, like, the pizza business. I'm trying to remember, is it Four Seasons?

[00:06:30.990] - Keenashae

I'm not sure if that's still open up here.

[00:06:32.830] - Serena Satcher

It might be closed now, but it was outside the campus. Yeah. And I used to babysit their kids.

[00:06:38.210] - Keenashae

Okay. That's really interesting. I find a lot of black students that I've interviewed, or past Alumni had work study here, but they didn't quite work outside of the university, so that's interesting. So you mentioned earlier that you thought the campus was beautiful when you came on. So what were your other first impressions of Sewanee? I know you had connection to the Episcopal Church.

[00:07:04.030] - Serena Satcher

Yeah.

[00:07:06.470] - Keenashae

Coming here.

[00:07:07.660] - Serena Satcher

Yeah, I forgot to put that down on my sheet. So I was an alkolite. I was already trained when I came, so I just fell in. I met the chaplain and I just fell into that. I think I used to do the early services because most times if I did the early services, I could get out, like, in 45 minutes and go over and get my meal and then go study, like, the rest of the day. But, yeah, so I was involved with the church quite a bit, and my first set of roommates, one of the girls was Episcopal, and she used to make the bread for the services.

[00:07:45.030] - Serena Satcher

So we used to kind of be hanging like we were going to chapel or seeing each other, like, waving or whatever. So there were people that were involved with the chapel services that I knew also.

[00:07:58.650] - Keenashae

So you're well connected in different areas.

[00:08:01.190] - Serena Satcher

Yeah, and I mentioned the deans, too.

[00:08:03.660] - Serena Satcher

And then, like, the academic dean when I was here was Patterson, and he's still living, and he and my dad were really good friends, actually. I think maybe the first year I was here, my parents came up maybe for the parents weekend, and they went over to the Pattersons for dinner. Like I think every year I was

here. They would go and hang out with the Pattersons. Yeah, Dr. Chitty and his wife were here after I left, but they were elderly when I was here. But it was kind of like I had a family here because I would see Dean Patterson, like, when I was traveling across campus, he would wave at me. And then the chaplain knew me, I think, because I think if you're black and you're episcopal, you kind of stick out anyway.

[00:09:08.700] - Keenashae

Yes.

[00:09:12.190] - Serena Satcher

And who was the other one that I was going to mention? Patterson, the chaplain, the chittys'. So the Chitty's, Elizabeth, his wife, they always looked out for me. They would call me periodically, especially the first year I was here, just to see if I needed anything. They had a house that was close to the campus.

[00:09:42.410] - Serena Satcher

And so she would be like, well, if you just want to come over, just, like, spend a weekend or just hang out, like, I have extra bedrooms. And it was just nice because it's like you have kind of like a family away from home. And then the Benjamins. You know, I think Benjamin was here. He might have just been getting started maybe the first year that I was here. But definitely I remember second year and on, he had an office, so there was somewhere you could go. I didn't really need that office so much, but I'll tell you, I broke my this ankle, the left ankle. I think that was my sophomore year.

[00:10:33.610] - Keenashae

Did you play sports? Is it a sports injury?

[00:10:35.290] - Serena Satcher

So intramural.

[00:10:36.690] - Keenashae

Okay, intramural sports.

[00:10:37.990] - Serena Satcher

So I did intramural track, and I did the long jump, and that's how I broke my ankle landing in the pit. And it broke, like, three bones in the left ankle.

[00:10:49.510] - Keenashae

Oh, wow.

[00:10:50.290] - Serena Satcher

So Mr. Benjamin took me down the mountain to go see the orthopedic surgeon. And then the orthopedic surgeon wanted me to be in the hospital because I had a full length cast all the way up to the hip. Because I decided instead of getting hardware surgically inserted into the ankle, which would have either layer had to be removed, or I would still have hardware in there. I decided to get the full length cast because I talked to the orthopedic surgeon, and I said, well, what are the options? And he was pushing for the surgery, but I said, well, what's the other choice? What if I don't get the and he said, well, you'll have a cast for three months. And I was like, I mean, back then, that seemed reasonable to me.

[00:11:43.380] - Keenashae

It was very reasonable, especially considering the price that you'd have to surgery, the recovery time that would have gone into that. It was easy option.

[00:11:52.520] - Serena Satcher

Yeah. And I remember him showing me the X-rays because I was asking to see the X-rays, and he was, like, showing me where the fractures were, and I was like, I could actually see the fractures. So, yeah, I give myself credit for making I thought I made a smart decision. Maybe some other people wouldn't think so, but I thought I made a smart decision.

[00:12:12.230] - Serena Satcher

So I was in the hospital for a week because they had to make sure and I had a vented cast, which means it had cracks from here down on the side, so the nurses had to watch and make sure that my leg was not swelling up. And then I could still have feeling in the foot because that's, like, a risk. And they didn't want me to get up for a couple of days, but I snuck and got up in the middle of the night just to go to the bathroom.

[00:12:45.430] - Serena Satcher

And that was the hospital that was here on campus, too, which was an interesting experience. So I got that experience, too. So, that was a positive experience. And I really appreciated Mr. Benjamin going out of his way to make sure that I was going to be okay, because my parents at that time were in. I think they were in Nashville. So they did come up the following, because I think I was in there a whole week. So they came on the weekend and came and saw me, and everything was fine by the time they came. Everything was fine. Anyway, they were concerned because I was in the hospital yeah.

[00:13:30.280] - Keenashae

For some time. And I have had the chance to meet Chitty's daughter, I believe.

[00:13:35.080] - Serena Satcher

Oh, really?

[00:13:35.410] - Keenashae

Helping Roberson work, going through some documents.

[00:13:39.320] - Serena Satcher

And so yeah, because he was a historian.

[00:13:41.020] - Keenashae

Yeah, he was a historian. You mentioned those names, and I had connections to those ones. That was your first impression of Sewanee, and you had broken leg for some time. But you did spend a lot of time studying, and that was because you were going into the medical field. Are you still in the medical field?

[00:13:59.480] - Serena Satcher

Yeah.

[00:14:00.810] - Keenashae

So Sewanee did work out in helping you get where you needed to go.

[00:14:05.950] - Serena Satcher

It did, But there was a challenge there. I don't know if you're going to ask about that.

[00:14:08.930] - Keenashae

Yeah, I was going to ask about the challenges that you had. You were always studying, you were alone. There was a social challenge, obviously, but what about academically here?

[00:14:19.030] - Serena Satcher

Yeah, so the academic challenge and this is still going on and I don't know. I heard that Dr. Renee talked about yesterday about the health disparities and lack of black doctors in the United States. This actually gotten worse now than it was in the 70s. So when I was here. Like usually when you declare a major and you're in the major, or even white

[00:14:51.060] - Serena Satcher

students in general, this is just like. Everywhere, because this was also happening to me when I was in residency. This is just like if you go somewhere where there's not that many black students, there are not people to share notes and pass exams and that kind of thing with. So I was on my own. I was literally, like, I believe the first one. I don't know. I don't know if there was another person that went to medical school before me at 20, but I was the only one in a science building when I came. Like, the only one. So people were nice to me in biology, and Dr. Prune was my advisor. But I would say because I was talking to Dr. Renee about this a couple of weeks ago, I would say that I was kind of like the guinea pig or there was really nobody to give me guidance about how to navigate. So I was relying on just like, my skills and navigation through life up to that point, which thankfully, my parents had instilled and we had lived like a number of places and moved a lot because my dad's in academics, so I had to learn how to navigate socially. So I make friends pretty quickly, like I can fit in and everything, but I knew that I would just have to learn how to do stuff on my own. And so I had very little, if any materials, like other students had in my major. Like they would have past exams. I didn't even know they existed until maybe my third year because I had nothing. So I'm just taking the exams just from what I know. But I was still doing well. But then I saved all my stuff. I saved it all and passed it on to the next black students that were in the science building so that they would at least have the benefit of what I had gathered.

[00:17:03.310] - Keenashae

So that's actually really helpful, especially you're looking out for generations, like, coming in after you. You didn't have those resources. But then eventually black students here did have those resources because you were able to provide that for them, and then they did the same, carrying on, going forward, like passing,

[00:17:18.880] - Serena Satcher

Which is great.

[00:17:19.770] - Keenashae

Which is amazing. And it's really commendable that you would do something like that. I must commend you for that.

[00:17:26.785] - Serena Satcher

Oh thanks.

[00:17:27.550] - Keenashae

Looking out for your community. You didn't have as much of a community while you were here. You did have people you cared for, people you'd hang out with occasionally here and there.

[00:17:37.220] - Serena Satcher

Right.

[00:17:37.940] - Keenashae

But I feel as though from your college experience, it's something that you missed-a community.

[00:17:44.950] - Serena Satcher

Yeah, I didn't have that. Because another thing is also having some knowledge of the personality of the professors. Now, all academics want to think that they're not racist. And I've been in academics myself, so I know this is true. But you do have people that have biases, and they are racist, but they don't realize that they're racist. And that's why I called myself the guinea pig, because my advisor was white. So, like, when I was telling her things that I saw happening then, I don't think that she knew amongst her colleagues who might be racist. I think she may have been learning some of that from me because I'm telling her, you know, I'm doing everything this guy's asking. Then when we study for the exam, it's not coming out. I'm not getting the grades that I'm expecting to get. But then I find out that he's spending time, extra time, with these students, and they're not telling me. You know what I'm saying? Yeah. So there's obvious stuff. There were certain professors, because when Renee came behind me and there were some other folks that came behind me, I remember having discussions with them, like, take a class from this person not this person, because I was seeing the biases, and I'm like, your grades will be better if you stick to these people. And it shouldn't be like that. But it always is in academics.

[00:19:23.930] - Keenashae

Yeah, it usually is like that. So when there was a time where you had to pick your own advisor, do you think those factors heavily made you consider who you'd choose to be your advisor? Maybe it wasn't someone that was the best for you progressing academically forward, but someone who could understand you or try to understand you.

[00:19:43.100] - Serena Satcher

Yeah, I did the best I could under the circumstances. And what I know is that the person that was my advisor had gotten a lot of people into medical school, and she had relationships with the state, different medical schools within the state, and even, like, I think, North Carolina, and was doing research, like, off campus from here, doing, like, biomedical research.

[00:20:18.610] - Serena Satcher

So, you know, I felt this person, Anne had been was pretty well traveled, this person, too. So I think she had a lot of positive aspects. I think I started realizing more recently as I've gotten older that, you know, if well, I realized this a while ago, like, especially when the Dunns came. When Dr. Dunn came and he was in political science, and things started improving. As soon as you get people of color on faculty, you know, what I'm saying, even if they're not in the department. And as soon as you have more students, that improves the situation. So you need to try to get more.

[00:21:09.510] - Keenashae

I think that definitely is the case. And I just had an interview with some people who like, Professor Roberson was an integral part in their success, because having someone who looks like you, who understands you, who knows where you're coming from, they're going to look out for you, and it's like a comforting feeling.

[00:21:29.610] - Serena Satcher

Correct.

[00:21:29.870] - Keenashae

And so even though you didn't have that, you were able to provide that.

[00:21:34.590] - Serena Satcher

We had some. Well, it's like, at least I had a female. And at least we had Mr. Benjamin here.

[00:21:40.020] - Keenashae

Yes.

[00:21:40.860] - Serena Satcher

So there was something.

[00:21:44.530] - Keenashae

Yeah. To grab onto.

[00:21:46.070] - Serena Satcher

To grab onto.

[00:21:47.570] - Keenashae

Do you think there are any other stories that you'd like to share about Sewanee like this?

[00:21:53.350] - Serena Satcher

Yeah, I forgot to mention that I think that part of my happiness, a big part of my happiness here was, I think, in sophomore year. I started with the training staff, the athletic training staff, and the trainer that was here, one of my friends who was a white girl, she started working with them first. And I'm trying to remember how I even met her, probably in some science class, but she told me what she was doing. I was like, that sounds like fun. And I was like, well, what teams? And she was like, oh, it's multiple teams. And then so then I went and talked to the trainer, and he was like, yeah, I'll have you working her name was Jenny. I'll have you working with Jenny on football. And then we'll see what other sports you want to do. And so I was out there baseball, swimming, basketball. So we'd be on the sidelines taking care of injuries, learn how to tape ankles, learn how to in the training facility. Like they had whirlpool. They had different physical therapy modalities.

[00:23:16.510] - Serena Satcher

I don't know why I didn't think about that when I went to my first residency, because I think I was thinking more intellectually. Like, what's intellectually challenging? My first residency was internal medicine, but then my second residency was physical medicine and rehab, which fits with what I was doing here, like sports medicine.

[00:23:39.590] - Keenashae

When you got the injury that it was like right at the time when you were finding out what you were interested in, you were like, actually, isn't this ironic? That's really good. And what about your living situation here and the medical program here? So I don't know what it was called at the time, but now they still call that they call it the Hippocrates Fellowship. Students apply for it and go through, like, this rigorous program.

[00:24:06.510] - Serena Satcher

It was like the beginnings of it then, I guess. Yeah, I don't think they had that name for it, but it was just pre-med, I guess. Or pre-med is not really a thing, but yeah, you were understood to be on the medical track.

[00:24:20.720] - Keenashae

And how do you feel about your decision, choosing Sewanee? Because it was between Sewanee and MIT. I feel like I have to go back and ask that question. After everything you experienced, the different stories you have.

[00:24:32.710] - Serena Satcher

My younger brother in line behind me, ended up going to MIT.

[00:24:37.360] - Keenashae

Oh, wow.

[00:24:38.190] - Serena Satcher

Yeah.

[00:24:40.090] - Serena Satcher

And I learned that my mother really had this fear because when he because I had skipped grade one grade in high school, he had skipped two grades. So he was 16 when he went to MIT. And I remember talking to my parents and talking them into my dad was okay with it, but it was my mother, like, talking them into allowing him to go to MIT. And it just happened that we had relatives that had moved up there by then in Massachusetts. They were not in Boston, but they were like, an hour out by train. So I think she felt more comfortable that her sister was up in Massachusetts. But when I was going, nobody was there. Yeah, but it would have been all right. I would have been fine. But I see now that that really wasn't meant for me. When I went to go visit my brother when he was in MIT, when I was here, when I went to see the campus, I was like it was cool, but a much higher nerd factor. And tons of Asian students and just like the black students that I met there, I don't think that would have been my happiest. And here, I love the outdoors. So I used to be out hiking and enjoying outdoors. I love the classes outdoors here. Even English class outside. Even this time of year, if it wasn't wet, we'd be outside. So I really enjoyed that.

[00:26:19.850] - Keenashae

Yeah. That aspect of it.

[00:26:21.260] - Serena Satcher

Yeah.

[00:26:21.720] - Keenashae

So no regrets when choosing Sewanee?

[00:26:25.280] - Serena Satcher

No. And they got me into medical school. And what I was going to say something about the challenge about getting into medical school from Sewanee, which had numerous talks with people that are professors here, like in the science building. Like, after I graduated, I was here on the regular board, like, some years ago for a while. I don't remember how many years it was, but it was at least four. I want to say six, maybe, whatever the standard. So I talked to a lot of them then, and the problem was Sewanee had this reputation for grading people down, like, really rigorous grading, basically. Kind of the rigor that my brother went through at MIT. Kind of the same kind of rigor, but in a different way here at Sewanee. To me, it was almost because at least at MIT, my brother was accustomed to taking MultiChoice exams. Whereas here, when I transitioned to medical school, I had to get used to the MultiChoice, not the essays.

[00:27:36.520] - Keenashae

Because Sewanee is like English,

[00:27:38.380] - Serena Satcher

Its liberal arts, to the hilt.

[00:27:41.890] - Keenashae

Everyone learns how to write.

[00:27:43.560] - Serena Satcher

So in the science building, we're writing essays on the test, which is when you go out of Sewanee, you got to take MultiChoice.

[00:27:52.210] - Keenashae

They just want you to know the answer.

[00:27:53.620] - Serena Satcher

They want you to know the answer.

[00:27:55.850] - Keenashae

Here you learn to explain and do this.

[00:28:00.090] - Serena Satcher

Right. Which is good for life, but for science, yeah, it's kind of hard, science and math. So, I had many discussions and they had heard it from other people, too. It's not that we regretted it, but it's like you got to

have some balance so that when people take the MCATs, they do well. And so that because schools within Tennessee or within the Southeast that know Sewanee knew that our grades were a little bit slightly lower. But then schools further out, like, say, like up in the East Coast.

[00:28:41.670] - Serena Satcher

They don't really know Sewanee unless they had a student that came to have, like a 4.0, which is rare in the science building. So hopefully it's not rare anymore. But back then it was kind of rare.

[00:28:58.190] - Keenashae

And you talked about different people, like outside the community, or even the historian Ben Chitty who worked here, who helps you at Sewanee. But if you could attribute your experience here at Sewanee, who would you say made a difference in your life here at Sewanee? Maybe alter the direction, made it worse, made it better in any way?

[00:29:22.550] - Serena Satcher

I would say I would give my advisor credit. Dr. Prune. I would give Dr. Benjamin I mean, Mr. Benjamin, I'm calling him Doctor. And his wife. Yeah, I would give them credit. His wife is awesome. The Chitty's, because they were kind of like my grandparents away from home. The thing is, I knew all the deans too, but I didn't really see them much because I guess because I stayed out of trouble, I wasn't getting in trouble. So I would wave at them or they knew who I was. And then I would say the students, because Renee and I are still like besties from she came I think she was a freshman when I was leaving. Kevin Jones. I don't know if you guys know those guys. They were on the football team, Reggie and Kevin. Some of the first black guys that I knew. I think there were people in the 70s that were on the football team. But like in our era, I think there was a gap

[00:30:39.770] - Keenashae

Between that time.

[00:30:40.993] - Serena Satcher

Between. Yes.

[00:30:41.470] - Keenashae

I have had the chance to look at those records by Ben Chitty, during that time, accounting for the black students during that time. So I think in the 70's was like twelve or so black students. But when it got to the 80's dropped like tremendously, like seven or like six during that entire decade.

[00:30:58.730] - Serena Satcher

Right. Yeah, I was in there. Yeah, of course I was hanging out with all the sports folks because I was a trainer. And Marshall, I don't know if you knew Marshall, he was one of the deans here more recently, but he played basketball. There was Kevin Jones and Reggie. They played football. And then there were many others after them. But we were all kind of like a family because me and Jenny, the white girl I was talking about, we were invited to, like, the football team and the basketball team. We sat at their tables in the cafeteria. And it was interesting because I would say there were white people that were jealous, but there were also black people that were jealous.

[00:32:00.350] - Keenashae

Yeah, you were being invited to the sports table. Even I know I'm not allowed to sit there unless someone was like, oh, yeah can come over.

[00:32:07.670] - Serena Satcher

And there wasn't no understory.

[00:32:09.846] - Keenashae

Yeah.

[00:32:10.170] - Serena Satcher

We were not sleeping with the football players. And Renee used to hang with me sometimes when she got here. But, yeah, there was no hanky panky stuff going on. It was just mutual respect.

[00:32:24.580] - Keenashae

And looking out for each other.

[00:32:25.540] - Serena Satcher

Correct.

[00:32:25.920] - Keenashae

Hanging out with each other, just friendship. And that's good that you had that during that time

[00:32:31.710] - Serena Satcher

Yeah. Because that was my family, especially my junior and senior year. That was it.

[00:32:36.850] - Keenashae

Well, that concludes our interview.

[00:32:39.260] - Serena Satcher

Okay.

[00:32:39.700] - Keenashae

Done with the questions, but if there's anything else that you'd like to share before we close, any shout outs you'd like to give at the end.

[00:32:47.750] - Serena Satcher

Well, I need to give a shout out to the Benjamins. I hope I see them while I'm here. I haven't been up here in, like, a while. And Dr. Renee, we talk a lot, so I just saw her. She was the one that told me to come back and talk to you guys

[00:33:08.850] - Keenashae

Maybe talk about the business that you spoke about earlier, just showing it out there.

[00:33:16.430] - Serena Satcher

My private practice.

[00:33:17.560] - Keenashae

Yes. Your private practice.

[00:33:18.830] - Serena Satcher

Okay. Yeah. So I have a holistic medicine practice, and I practice mostly virtually now, but I'm in Atlanta, Georgia. Sometimes I see people in person, but it's more like just at the beginning of when they start with me. I help people to improve whatever kind of wellness or health goals that they have. But I would say most people have the goal of trying to avoid surgery or get off medications or to reverse or resolve, like, diabetes or arthritis or a lot of menopausal women have issues, health issues related to menopause. So I help a lot of people with that. Me and my friend Sansa, who's a naturopathic doctor in Atlanta, we just started weight loss actually a weight liberation program called Be You to the Fullness, and we're gearing it towards women of color. We take everybody, but the marketing is specifically geared towards women of

color, and we're trying to address some of the health disparities with obesity and overweight without focusing on weight loss per se, but focusing on improving the health. Like,

[00:34:43.870] - Keenashae

In totality, yeah.

[00:34:44.880] - Serena Satcher

People may have a lot of people have insulin resistance, type two diabetes, high cholesterol, high blood pressure. Their body fat is too high so that's what we're addressing.

[00:34:58.040] - Keenashae

And we find especially, like, in the black community, those illnesses are very similar partially because of where we live and the food we cook, raise. And so it's very important that you're giving back to your community in this way. You're looking out for. Of course, it's for everyone, but still targeted demographic towards black women.

[00:35:16.380] - Serena Satcher

Yeah, we make it fun. We have a Gamify, which is kind of interesting because we're using a continuous glucose monitor, which they become more popular. Like, you see people with the lower arms.

[00:35:29.290] - Serena Satcher

There's also a metabolism device called the Lumen that not so many people are familiar with, or if they get it, they don't know how to use it. So we have a special relationship with Lumen where we have, like, a back end where we're able to analyze the data. So we're able to look at the data and tell a person, okay, you may be eating too late in the day, and you would be burning more fat if you stopped eating at this time, or you may not be moving your body enough. We don't like to say exercise, but movement to get your blood sugar, your average blood sugar, to come down. So there are some things that you can do that if you have knowledge of what your metabolism is doing, you can do a better job with it.

[00:36:16.720] - Keenashae

Taking care of yourself and your body. That's so interesting.

[00:36:19.600] - Serena Satcher

So it's gamified because the device, like, you have to breathe into the device. The device measures your exhale carbon dioxide, and it gives you a rating from one to five. If you get a one or a two, it means that you're in fat burning. If you get a three to a five, it means that you're carb burning. You actually need to do

both. However, in the morning when you first wake up, it's best if you've been fasting all night. So you should be in fat burning.

[00:36:50.330] - Keenashae

Yes. Okay. I've actually never heard of them. That's very interesting, and it's really impressive what you've done with your degree here from Sewanee, helping you get into medical school. And then this is the track you decided to focus on, and it's helped you connect with so much more black people I've seen, especially working Atlanta, Georgia, you've connected to the students, like students afterwards. You're still friends with students here. So thank you so much for sitting down with me.

[00:37:19.320] - Serena Satcher

Thank you, You're an excellent interviewer.

[00:37:20.990] - Keenashae

Okay, that's great. Thank you so much Serena.

[00:37:24.670] - Serena Satcher

Okay.