



# Shanti Voices

Fall 2012

## Shanti to Honor Nancy Pelosi and Celebrate 38 Years of Compassionate Care



*Executive Director Kaushik Roy with House of Representatives Democratic Leader Nancy Pelosi. Leader Pelosi will be honored at Compassion is Universal on October 10th.*

On Wednesday, October 10th, the Shanti Community will come together to honor **House Democratic Leader Nancy Pelosi** with the Shanti Lifetime Achievement Award for her 25 years of leadership and advocacy for people living with HIV/AIDS, and to celebrate the many volunteers, clients, and supporters that embody the spirit of the Shanti Project's core values: compassion, diversity, inclusiveness, and service. Our annual *Compassion is Universal* Benefit Dinner is a warm and special evening that highlights the spirit and courage of our clients, the passion and devotion of our volunteers, and the committed supporters that have made Shanti's programs possible for the past 38 years.

From her first day in office, Leader Pelosi has fought to ensure that HIV/AIDS care, treatment, prevention, and research initiatives receive the funding that they need, and she continues to work to expand access to care as part of comprehensive health reform. Her crucial and unwavering support of Shanti has allowed us to continue to provide services to individuals in need and in the past five years alone, she has fought to restore nearly \$21 million in cuts to care and treatment funds for San Francisco's systems of care for people living with HIV/AIDS. Leader Pelosi's dedication and spirit of service embody the values of Shanti, and we are deeply honored to have the Honorable James C. Hormel present this award

to her on behalf of Shanti. The award will be presented at 5:30pm during the event reception.

We are extremely grateful for our presenting sponsors, **Ambassador James C. Hormel & Michael P. Nguyen** and **Nordstrom**, whose generosity and support have allowed us to expand *Compassion is Universal* into the large-scale event that it has become today. This year, we are excited to move to a new, larger space, the recently renovated Hilton Union Square, allowing us to expand our event to accommodate our growing community of Shanti supporters and friends. We are also thankful to our other major sponsors, including the **Bob Ross Foundation, Wells Fargo, Dede Wilsey, Janet and Clint Reilly, and Kaiser Permanente**. For the most up to date list of sponsors, please visit [www.shanti.org](http://www.shanti.org).

The evening will spotlight the wonderful work of our clients, volunteers and supporters. In addition to Leader Pelosi, we will present awards to Shanti clients Ed Connelly and Joanne Smith, and Shanti Volunteer and Board Member Alex Rivera. Alex's story is an example of the impact that Shanti has on the lives of those in our community. Alex has been matched with his client Michael since 2006 and they have a close relationship. "Sometimes I feel like I'm the client," Alex jokes. "He's been with me through so many changes in my life. His resilience always inspires me and puts things into perspective, whenever I am having a hard time... being a Shanti peer support volunteer has taught me to just be present, and be compassionate. Working with Michael, I learned that sometimes just being there, and listening, is the best kind of support you can offer someone."

Compassion is Universal will begin at 4:30pm with a reception and silent auction. You can preview and bid on many of our auction items at our Bidding for Good site at [biddingforgood.com/shantiproject](http://biddingforgood.com/shantiproject). For more information on Compassion is Universal, please contact Rachel Hill at [rhill@shanti.org](mailto:rhill@shanti.org) or 415.674.4724.



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# hello

## A Message from our Executive Director



*Maybe because it's the presidential election season, but recently I've been thinking a lot about values—those core, fundamental ideas upon which we stand and attempt to forge the trajectories of our lives. The day I showed up for my Shanti volunteer training in April of 2004, I knew I wanted to be a part of this organization in any way I could. As I look back, the reason for this instant connection is very clear. Shanti is one of those rare places that not only reminds us it is possible to live by our highest values, but actually encourages us to do so—Shanti inspires us to live with a spirit of compassion and generosity, to acknowledge that we are all peers and share a common humanity, and to realize we all have the great gift of providing compassion and love to one another.*

*These are the values on which Shanti has sustained itself for 38 years and the values the community will be celebrating on October 10th at our annual signature event, Compassion Is Universal. In addition to recognizing and hearing from two inspiring clients and a remarkable volunteer, this year we are incredibly excited to be honoring someone who is both a San Francisco and national hero, House Democratic Leader, Nancy Pelosi. On her 25th Anniversary of serving in Congress, it is the perfect time for Shanti to extend our public appreciation to one of the country's greatest champions for the underserved and people living with HIV. Leader Pelosi also has a special connection with our breast cancer program, as it was her office that was instrumental in procuring part of the initial funding to spearhead the program twelve years ago.*

*Leader Pelosi will be honored during the event reception. It should be a particularly special moment as the award will be presented by a long-time friend and supporter of both Shanti and Leader Pelosi, Ambassador James C. Hormel. On behalf of the entire agency, I want to invite you to join us and help celebrate Leader Pelosi, Shanti, our community, and, most importantly, the values that make San Francisco such an incredibly caring and special place to be.*

A handwritten signature in black ink, reading "Kasee Z."

# welcome

## Spotlight on New Staff

### **Scarlett Chidgey**, *Development Assistant*

Scarlett is the new Development Assistant at Shanti. She earned her undergraduate degree from Boston University in Journalism, after which she spent years specializing in science communications. Recently, she received a Master of Arts degree in International Studies with a concentration in Gender, Human Rights, and Development from University of Denver's Josef Korbel School of International Studies. In the last several years, she has supported several nonprofit organizations focused on women's human rights, global education, health, and business development in developing countries. She currently volunteers for the Alliance for International Women's Rights and Wrap Up Africa.

### **Ali Cone**, *Administrative Assistant, San Francisco HIV Health Services Planning Council*

Ali joined Shanti this summer as the Administrative Assistant for the San Francisco HIV Health Services Planning Council. Originally from California, she graduated from Pomona College with a BA in Environmental Analysis and minors in Psychology and Spanish. As an undergraduate, she worked for several community-based environmental and educational non-profits, including an organization targeting public health efforts in the Pomona Valley. She was involved with a number of research initiatives focused on social and environmental justice issues, ultimately culminating in a senior thesis on how to increase the efficacy of public interest campaigns through effective marketing. Upon graduation from Pomona, Ali pursued her interest in healthcare and marketing at a healthcare consulting firm in San Francisco. After working for a year in the private sector, she is thrilled to be joining Shanti and pursuing her passion for public policy, healthcare, and advocacy.

### **Rachel Hill**, *Deputy Director of Development*

Rachel Hill joined Shanti as Deputy Director of Development in June. A Bay Area native, Rachel recently returned to California after 13 years in New York and London. Her interest in public health began with her involvement with the Berkeley Free Clinic and Needle Exchange Emergency Distribution, where she volunteered in high school and became actively involved in issues relating to harm reduction and underserved populations. Prior to Shanti, Rachel served as Development Manager for The Catalog for Giving of New York City, a youth development foundation. Rachel's broad non-profit experience includes positions with The Center for Constitutional Rights (CCR), LIFEbeat- Music Fights HIV, Planned Parenthood Federation, and the Policy Institute of the National Gay and Lesbian Task Force. Rachel holds an MSc in Gender and Social Policy from the London School of Economics, and a BA from New York University.

### **Whitney Miley**, *Care Navigator and Wellness Coordinator, Shanti Breast Cancer Program*

Whitney joined the Shanti staff in May 2012 after completing a five month internship with the Shanti Breast Cancer Program. Whitney is a long-time volunteer with Next Course in San Francisco— she has taught nutrition classes at the Women's Reentry Center and has also volunteered with the Eat Your Veggies Program at Mission High School. Prior to moving to San Francisco in 2011, Whitney volunteered in Guyana, South America, where she promoted health education and facilitated capacity-building workshops for community health workers in a small Amerindian village. She has also spent significant time in Italy studying, teaching English and working as an au pair. Whitney holds B.A.s in both International Affairs and Italian from the University of Georgia.



# Shanti's Speakeasy Celebration

Shanti would like to extend its thanks to everyone who joined us at our Shanti Breast Cancer Program Speakeasy Celebration on April 28th. Hosted by the wonderful Donna Sachet, the event raised over \$40,000 to benefit more than 450 underserved women and men diagnosed with breast cancer in San Francisco.



Board Chair Stu Smith and Dave Earl



Isabel Garcia with the Haute Tauties Burlesque Performers



Honoree Diane Carr (middle), flanked by Barbara Cicerelli and friend

## THANK YOU TO OUR COMPASSION IS UNIVERSAL EVENT SPONSORS!

As of September 20th, 2012

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The Honorable James C. Hormel  
& Michael P. Nguyen  
Nordstrom

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The Bob Ross Foundation

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Cindy Spring  
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Christopher Wiseman  
Stu Smith & Dave Earl  
Frank Stein & Paul S. May  
Jim Stephens & Abraham Brown  
Dennis Stradford

### TABLE CAPTAINS

David Ammons/SF Attorney's Office  
Lia Cicuto  
Phil Goerl & Roger Spring  
Scott Hawkins  
Jeff Hill & Max de los Reyes  
M & K  
Michael Hovis/Charles Schwab Employees  
Angie & Aaron Murphy  
Ernesto Quintanilla  
Alex Rivera & Miguel Bustos  
Seth Skolnick  
Eric Sleigh &  
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Hilton San Francisco Union Square

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## David Smee



David Smee came to Shanti in the late 90's as an HIV Services client. After utilizing our services for several years, he wanted to give back to the organization that had given him so much, so he began volunteering within our Activities Program, a program that allows clients access to a variety of cultural activities at no cost. Since 2005, David has served as a reliable weekly volunteer within the Activities Program, which allows him the opportunity to give back to Shanti, as well as share the gift of the arts with other Shanti clients and gives him a sense of responsibility and purpose. In addition, David participates consistently as a special events volunteer through our Volunteer Services Program.

*In the late 90's, when you came to Shanti, what services did you utilize the most and how did they help you?*

When I first came to Shanti, I found myself becoming more isolated from friends and family due to my illness, so I was very attracted to Shanti's Activities Program, because it provided me with an opportunity to get out of the house and attend artistic events – for free. Throughout my life, I have always been very involved with the arts, and have worked in a variety of mediums, such as curating shows at galleries, creating pottery, painting, and theater. In addition to utilizing the Activities Program, I also was matched short-term with a Peer Support Volunteer. The Peer Support Volunteer was brought into my life at a time when I was unable to accomplish tasks on my own, and served as a huge source of support for me during a challenging time in my life.

*You mentioned you have been involved with the arts throughout your life, and the Activities Program was one of the first services you utilized at Shanti. Do you mind elaborating on what the arts mean to you and how being able to attend these events af-*

*ected both your physical and mental health?*

Personally, I find the arts to be very healing and therapeutic. The arts allow us to communicate with each other through self-exploration and expression, and I find myself connected on many different levels with the performers/artists and the community around me. Art stimulates the intellect and pulls at the heart by eliciting and allowing us to share emotions and experiences together with the artists and the audiences. Currently my favorite form of self-expression has been live dance performances, and I spend time volunteering with Company C Contemporary Ballet when they perform here in San Francisco.

*In addition to your regular shift within the Activities Program, what are other ways you give back to Shanti and why?*

After working in the Activities Program for some time, I decided I wanted to get further involved and give back to the organization that has so greatly enriched my life, so I signed up for a gate shift at the Folsom Street Fair, on behalf of Shanti. After that first gate shift, I was hooked and continued to sign up for events and even brought my friends into the mix to make it social, while helping Shanti out at the same time. When volunteering at events for Shanti, I feel like I'm giving back to my community and that I am making a difference. For the past 5 years, I have walked on the Shanti AIDS Walk Team, and with the help of my partner of 13 years, Tim, raised approximately \$2,000 each year.

Volunteering is important to me and something I incorporate into my life, because I know that I am helping to be a part of someone else's healing process, and that's the best feeling I could have. It also allows me to get out of my own self for the time being and into a space of service. I truly believe in the notion of "paying it forward," so will continue to use my time and energy to be of service.

*What are some fun facts you can tell us about yourself?*

I drive a 3-wheeled Piaggio MP 3500ie motorcycle and have never owned a car. My partner Tim and I are the owners of 3 sweet cats, Nila, Shiva, and Ava, so I guess you could call me a "cat guy." Also, I would consider myself a bit of a tech nerd, and have a love of video games, 3-D televisions, sci-fi, online gaming, and any gadget that blinks, flashes, or beeps.



# donor spotlight

## Paul Wagner and Cindy Schlosser



*Don Coppock, Cindy Schlosser, and Paul Wagner in San Francisco in 1988.*

In 1986, Paul Wagner and Cindy Schlosser from Eau Claire, Wisconsin, went on a Sierra Club trip to England and Wales, led by a charming young man from San Francisco named Don Coppock. An avid hiker and conservationist, Don was involved with the Bay Area Gay and Lesbian Sierrans, the Sierra Club's first gay and lesbian activities section.

Paul and Cindy quickly formed a close relationship with Don, visiting with him in San Francisco and keeping in close contact for several years. They were deeply saddened to hear of Don's passing from AIDS in 1991 at the age of 36, and wanted to do something to honor

his memory. They received a memorial notification in the mail requesting that gifts in Don's honor be made to Shanti, and Paul and Cindy made a contribution. They have been ongoing supporters of Shanti ever since, continuing to make annual donations in honor of their friend who died too young. "The idea of compassion & helping people in need is important to society," says Paul.

We are so grateful for your support Paul and Cindy, and we hope to continue to honor Don's memory by supporting San Francisco's most vulnerable individuals.



*Paul, Cindy, and Don with the Sierra Club in Wales in 1986.*

# shanti events



*Board Member Alex Rivera, Executive Director Kaushik Roy, Shanti Volunteer and Swimmer Aram Yoo, and Garza (l-r)*

## First Annual SWIM for L.I.F.E. Swim-a-Thon raises over \$5,000 for the Shanti L.I.F.E. Program

On Sunday, August 26th, twenty swimmers from around the Bay Area participated in a Swim-a-Thon to raise money for the Shanti L.I.F.E. Program® at the Hamilton Pool in SF. The event was hosted by Garza and was sponsored by Sports Basement, Columbia Gorge Juice, Social Imprints T-Shirts, Blue Seventy, and Raw Revolution.

Thank you to our amazing swimmers!



## Nordstrom Volunteers Create Handmade Mobiles for Breast Cancer Clients

*In June we were joined by a group of 18 volunteers representing Nordstrom, including summer interns and staff, for a day of crafts in honor of our clients with Stage IV breast cancer. Together we created an array of hanging mobiles displaying encouraging, inspiring and empowering messages. The volunteers crafted over 70 of these pieces, each tied to a particular client and her own unique story. Each client will be presented with the craft made especially for her by a volunteer. We are so grateful to the Nordstrom volunteers for providing their time, energy and craftsmanship in order to create something that will remind our clients that we are always holding them in our thoughts.*



## Shanti at the 19th Annual International AIDS Conference

The 19th annual International AIDS Conference took place in Washington DC this past July and was attended by Shanti Director of Research and Program Development Alyssa Nickell and SF HIV Planning Council Director Mark Molnar. With over 21,000 participants attending from 177 countries, this was the largest conference of its kind to date. Themes of the conference included modes of capacity-building for community-based organizations and departments of public health (of particular importance to representatives from Latin America, Africa, and Eastern Europe/Russia – as well as those coming from rural and/or southern parts of the United States), increasing access to care and improving health outcomes for individuals living with HIV, reducing HIV-related disparities and health inequities, upcoming challenges with HIV and aging, and – perhaps the most highlighted - reducing new HIV infections through models of ‘treatment-as-prevention’ or ‘test and treat’. Notably absent from the conference were discussions of psychosocial support, one of the key components of Shanti’s HIV programs, raising concern about the absence of this critical kind of care in service delivery in other communities and its priority in future treatment models.

## house parties

*Thank you to our generous party hosts who opened up their homes to Shanti this Summer and Fall*



*Above: Chris Hamner, Nathan Bewley, Arthur Allione, and Bill Hansen, at a house party hosted by Bob Michitarian*

*Left: Eric Sleigh and Christopher Wiseman, who hosted a house party for Shanti in August*



# shanti spring/summer 2012 events



*Shanti Project Marches in the SF Pride Parade*



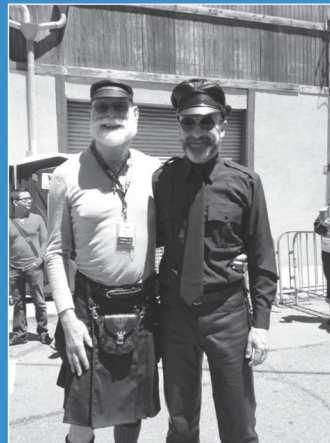
*Shanti Pride Parade Guests of Honor Veronica Klaus and Connie Champagne*



*The Shanti Project SF Pride 2012 Contingent*



*Shanti's 2012 San Francisco AIDS Walk Team*



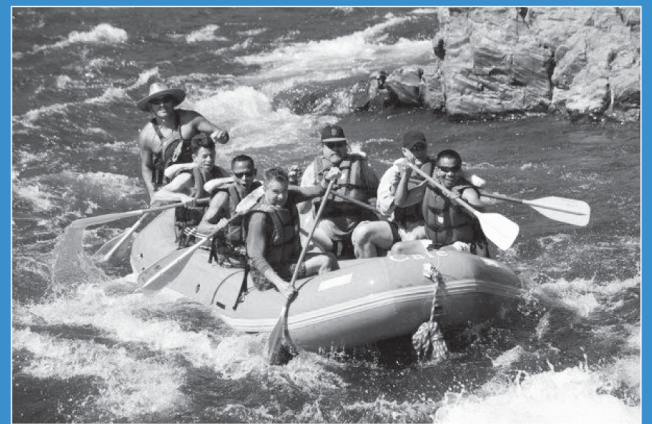
*John Weatherman and Louis Kelsh at the Up Your Alley fair*



*Shanti Founder Charles Garfield, Cindy Spring, and Board Member Emily Wilska at the SF AIDS Walk*



*L.I.F.E. Healing Waters participants Redge Norton and Jorlan Parlano*



*L.I.F.E. Program Healing Waters Trip*



# hello

## A Message from our Board President



*Greetings to all who continue supporting Shanti in our 38th year of service to people living with life threatening illness, to our 15,000 plus volunteers past and present, our staff and our clients. We're coming to a close of a year of great accomplishment with already established programs and new events.*

*We then entered Shanti back into Pride with two convertibles showing off Connie Champagne and Veronica Klaus after celebrating Donna Sachet and Gary Virginia's annual Pride brunch. Next we had a huge turn out for AIDS Walk and really did well, raising more than double our previous year's total. Board members created another new annual event, Shanti's Swim for L.I.F.E., a swim-a-thon to benefit the L.I.F.E. Program® which we hope will connect us with new communities.*

*This year we acknowledged that we've outgrown the wonderful Hotel Nikko as home to our successful main annual event, Compassion is Universal, and we're getting ready for our best ever dinner at The Hilton on O'Farrell Street October 10th. I'm proud to share that the proceeds of every ticket sold to this warm and wonderful event will go to our programs and services because of the generosity of our top sponsors. Along with Ambassador James C. Hormel and Michael P. Nguyen, Nordstrom has become a presenting sponsor and we're thrilled as and grateful for this partnership. So it's been a year of growth, achievement and challenges well met. To the staff, volunteers, clients, donors, and each of you, I send heartfelt thanks for making my job so rewarding. I want to thank each of you reading this newsletter and encourage you to join us October 10th at The Hilton for an evening you'll always remember at our 38th annual dinner, Compassion is Universal.*

## hiv planning council update

On August 24th, the HIV Planning Council convened its annual Prioritization and Allocation Summit. The purpose of this summit is to both "prioritize" (rank in order of importance) each of the HIV service categories that receive Ryan White Part A funding and to "allocate resources" (attribute dollar amounts) to each of those categories. This event is the most important event of the year for the Council, and all presentations from September through August are geared towards providing the most up-to-date and relevant information for council members to use when making decisions during the summit. San Francisco, Marin, and San Mateo currently receive upwards of 20 million dollars in Ryan White Part A funding. The summit was organized by Shanti staff (as with all Council events) and facilitated by Mark Molnar.

Rigorous discussion consistently illustrated the level of commitment that council members have towards supporting the systems of care in San Francisco, Marin and San Mateo. Service category prioritization was established after individuals contributed their own individual service priority orders and an aggregate list was then approved. Resource allocation determined funding scenarios for Increased Funding (highly unlikely), Flat Funding (statistically improbable), and Decreased Funding. If the Council receives Decreased funding, the approved allocation scenario takes the first 5% proportionately from medical service categories and anything over 5% proportionately from all service categories. The Council also approved a directive to the SFDPH to enforce mandatory cultural competency trainings regarding the transgender communities for all relevant staff receiving funding from Ryan White Part A. To learn more about the Planning Council, contact Rachel Hill at [rhill@shanti.org](mailto:rhill@shanti.org).

## shanti in the community



CEO of the San Francisco AIDS Foundation Neil Giuliano presents Shanti Development Officer Randan Price with a community grant



# new board member profiles



## Ernesto Quintanilla

*Management Consultant, Resources Global Professionals*

*How did you first hear about and get involved with Shanti?*

Shanti has been in the back of my mind for several years but I didn't know much about this organization until I met Kaushik Roy, Shanti's Executive Director, at a Board Match event early 2011. I attended this event organized by the Volunteer Center because I was exploring opportunities to volunteer for a local agency and Shanti was one of a few organizations that resonated with me. This was a very special day for me. When I met Kaushik and other staff and Board Members, I immediately felt a connection with them and fell in love with the organization.

*What inspired you to get involved?*

As an HIV positive man, I've gone through very difficult times and have realized how critical a support network has been for me. After a few years of struggling with HIV and other life challenges, I started to feel better physically and emotionally, and decided to do a little soul searching. This led to my decision to give back to the local community that has done so much for me. I also have a few friends who have been diagnosed with breast cancer or HIV. Their courage and determination to fight their illnesses have also been an ongoing inspiration.

*What about Shanti's mission resonates most with you?*

There are many parts of the organization that resonate with me but if I can summarize it in one sentence, it is my belief that no one should be facing a life-threatening illness alone. I believe that Shanti's staff and volunteers do a fantastic job making this happen.

*What has been your most rewarding or meaningful experience working with Shanti as a board member?*

The most rewarding experience working with Shanti is the gift of being of service which allows me to get out of myself and make an impact on the lives of others through my work. I have also met great people who share similar values, and I trust that some of them will be friends for life.

*What do you do when you are not serving as a Shanti board member?*

I built my career as a management consultant in a Big Four firm. More recently I switched to another employer that allows me to spend more time volunteering for Shanti. I spend a lot of time with my partner Seth, and I enjoy travelling, spending time with friends, exercising, and playing poker every once in a while.

*Why should people get involved with Shanti?*

If there is anything about Shanti that resonates with you, I highly encourage you to consider opportunities to become involved. Shanti brings together a very diverse community, and it has become a very fulfilling part of my life.



## Tracy Curtis

*Regional President for San Francisco Bay Area, Wells Fargo*

*How did you first hear about and get involved with Shanti?*

I heard about Shanti from my colleagues at Wells Fargo when I first moved to SF last year. I then attended an event and met Kaushik who invited me to visit and learn all about the organization.

*What inspired you to get involved?*

I was really impressed with Kaushik and his passion for the organization. I then visited and met a couple of the clients and heard their stories. That inspired me to get involved.

*What about Shanti's mission resonates most with you?*

One-on-one attention and care for the clients...some who society may have just forgotten.

*What has been your most rewarding or meaningful experience working with Shanti as a board member?*

I am most impressed with the board and staff members and their ability to push personal feelings aside in the best interest of the organization. They are also a group of people who really get involved.

*What do you do when you are not serving as a Shanti board member?*

I am the region President for Wells Fargo here in San Francisco which means I represent the company at lots and lots of events!

*Why should people get involved with Shanti?*

It's an organization that is well known here in SF for the good work it has done for many years...you will be part of an organization that you know will change lives!

**For information about joining Shanti's Board of Directors or other committees, please contact Rachel Hill at [rhill@shanti.org](mailto:rhill@shanti.org).**



# board

## Our Board of Directors

**Phillip Bokovoy**, *Ex Officio member, Shanti's Development Director and CFO*

**Tracy Curtis**,  
*Wells Fargo Bank, SF Regional President*

**William L. Dawes - Treasurer**  
*Dun & Bradstreet, Senior VP (retired)*

**Manoog Hadesian**, *Kaiser Foundation Health Plan, Inc. National Director of Medicare Finance Strategic Analysis*

**Scott Hawkins**, *Organizational Development Consultant*

**Constance E. Norton -**  
*Shareholder, Littler Mendelson, P.C.*

**Frank Petkovich - Vice-Chair**  
*Independent Marketing Consultant*

**Ernesto Quintanilla**, *Resources Global Professionals Consultant*

**Alexander Rivera**,  
*Achieve Foundation Program Assistant; HIV Services Volunteer*

**Kaushik Roy**, *Ex Officio member, Shanti's Executive Director, Former Director of Volunteer Services*

**Angie Ryan**, *OpenTable, Senior Manager, Online Marketing; Former HIV Services Volunteer*

**Stu Smith - Chair**  
*Tin Pan Alley Productions, Executive Director; Community Activist*

**Chip Supanich**, *Shanti Client and Volunteer; Community Activist*

**Keith Waltrip**, *HIV+ Community Activist*

**Emily Wilska - Secretary**  
*The Organized Life, Principal; HIV Services Volunteer*

# thank you

Donors from Fiscal Year 2011-12 (July 1, 2011 – June 30, 2012)

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William Dawes and Christopher Sears  
Folsom Street Events  
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**\$1,000-\$4,999**  
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Timothy M. and Crystal V. Nickell  
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Kathryn Elizabeth Patterson  
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Bloomspot  
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*Continued on page 11.*



## \$250-\$499 continued

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 Chung  
 Jill Cingolani and Jenifer Cochran  
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## Government Funding

City and County of San Francisco (subcontracted through the SF AIDS Foundation and San Francisco General Hospital's Breast & Cervical Cancer Program)  
 San Francisco Department of Public Health (Ryan White Part A funding)

## Thank you to all of our generous in-kind donors!

We sincerely apologize for any accidental omissions or misspellings. Please contact Scarlett Chidgey with comments or corrections at 415.674.4759 or schidgey@shanti.org.

## spotlight on funders

Shanti is extremely grateful to two very special funders who are supporting our Breast Cancer Program. **Genentech Foundation**, which has been supporting this program since 2006, has generously provided a new grant of \$100,000. **The Avon Foundation for Women**, a valued partner since 2010, has provided a new grant of \$100,000 over two years. Both grants will help us to provide crucial care navigation, wellness education, and volunteer caregiver matches to over 450 individuals each year with breast cancer. The vast majority of these clients are from underserved, low income and immigrant populations--some of San Francisco's most vulnerable communities. Without Shanti, many of these women would be without emotional and practical support needed to access and complete cancer treatments, grow social and emotional support networks, and increase self-advocacy skills.

Shanti's Breast Cancer Program depends primarily on corporate and foundation support to continue our vital services. On behalf of our clients, thank you!

## leave a legacy

One way to ensure continued support of Shanti is by making a planned or legacy gift. Legacy gifts enable donors to meet both their personal financial objectives and their charitable giving goals at the same time. Legacy gifts may be made with cash, stocks, and/or real or personal property and may involve tax benefits and life income alternatives. You can even name Shanti as the beneficiary of your life insurance plan or retirement plan.

Over the past three years, we have received nearly \$150,000 in legacy gifts. Every gift, both large and small, helps to enhance the quality of life, health and well-being of people living with life-threatening illnesses. In 2013, we will be launching our Legacy Society, so please let us know if you have already included Shanti in your estate plan.

Thank you for considering including Shanti in your estate plan. If you have any questions regarding legacy giving opportunities please contact Rachel Hill at 415.674.4724 or rhill@shanti.org.

## wish list

In-kind donations for our Shanti office

Laptops  
 Projectors  
 Color Laser Printers  
 Flatscreen Computer Monitors  
 Adobe Software for PC's  
 Ergonomic Computer Chairs  
 Interior Design and Organization Services  
 Local Storage Space  
 Please contact development@shanti.org to make an in-kind donation.

## support

Creative Ways to Support Shanti

**DONATE YOUR CAR!** Just call 888-SHANTI- 4 (888-742-6844) to speak to a representative. You can also donate online by going to <http://www.shanti.org/pages/shanti-ways-to-donate.html>. When you donate your car, you avoid the costs associated with selling or maintaining your car while helping your favorite cause. You are entitled to receive a tax deduction equal to what the vehicle is sold for if you itemize your deductions.

**COMMUNITY THRIFT:** You can take in kind donations to Community Thrift Store and tell them to credit Shanti. Please see their website for details on acceptable donations and donation hours: [www.communitythrifsf.org](http://www.communitythrifsf.org). Call them at 415.861.4910 and visit them at 623 Valencia Street.

If you know of a bar that would like to host a happy hour fundraiser for Shanti, please contact Rachel Hill at 415.674.424 or rhill@shanti.org.

## connect

Help build a community of compassion – connect with us today!

Stay up to date on Shanti's programs, events, stories, and more by joining our email list. Sign up on our homepage: [www.shanti.org](http://www.shanti.org) and while you're at it, check out our blog.

Become a fan of "Shanti Project" on Facebook, or follow us at @shantiprojectsf on Twitter.



Thank you – your participation strengthens our community.





# Compassion Is Universal

730 Polk Street  
San Francisco, CA 94109

Tickets for our 38th Annual Benefit, *Compassion is Universal*, are now on sale: [www.shanti.org/pages/compassion-is-universal.html](http://www.shanti.org/pages/compassion-is-universal.html)

## Ongoing Activities and Workshops calendar

### L.I.F.E. (Learning Immune Function Enhancement)

**L.I.F.E. Facilitator Training** (9/12-9/14). Call Karl at 415-674-4706.

**L.I.F.E. Health Workshop Cycle 33** (Begins 9/18) TBA. Call Karl at 415-674-4706.

**L.I.F.E. Experience**  
Wednesday Evenings. Call John at 415-674-4713.

**Yoga for HIV-Positive Health**  
Tuesdays, 4:15 – 5:30pm. Call 415-674-4713.

**L.I.F.E. HIV/Hepatitis C Co-Infection Group**  
Monday Afternoons. Call John at 415-674-4713.

### VOLUNTEER SERVICES

Our next Peer Support Volunteer Training is scheduled for November 2-4 and the evening of November 7. For more information, please visit [shanti.org](http://shanti.org) or contact Volunteer Services at 415-674-4708.

We are seeking volunteers to help out at our 38th Annual *Compassion is Universal* Benefit on Wednesday, October 10th. For more details and to sign-up, please contact Volunteer Services at 415-674-4712.

### HIV SERVICES

#### Drop-in Center & Service Hours

Tuesdays .....9:30am – 12:30pm  
Wednesdays.....9:30am – 12:30pm  
(Drop-in Services only, no lounge)

Thursdays .....9:30am – 12:30pm

#### Health Chat

Tuesdays.....11:30am – 12:30pm

#### Vent: A support group for clients

Wednesdays.....10:00am – 12:00pm

#### Haircuts

Thursdays....10:30am – 12:00pm (alternate weeks, please call 415-674-4754 for details)

#### SPCA Therapy Dog Visits

Thursdays....10:30 – 11:30 (alternate weeks, please call 415-674-4754 for details)

#### Women Experiencing (W.E.):

##### A Safe space for all women

Fridays .....10:00am – 12:00pm

#### Movie Night

3<sup>rd</sup> and 4<sup>th</sup> Thursday of the month .....5:00 – 7:30pm  
*HIV Services is closed* Monday – Friday, 1:00pm – 2:00pm

#### Activities

Shanti offers clients the opportunity to enjoy some of the Bay Area's most interesting activities and events while socializing and establishing connections with their peers. An Activities Program staff member is available to clients M-F from 10am-12pm. Call 415-674-4743 for more info.

### BREAST CANCER PROGRAM SERVICES

#### Care Navigation

Monday through Friday .....9:00 am – 5:00pm

#### Upcoming Breast Cancer Wellness Workshops

(contact Whitney Miley at 415-674-4774 to register)

Nutrition classes in English (Nishanga Bliss), Cantonese (Esther Situ) and Spanish (Marynieves Diaz-Mendez); Six-Week Qi Gong Series w/Christie Sekino; Jewelry Making Workshop w/Allie Lieber; Stress Management & Relaxation Workshop with Terry Bohrer; Six-Week “Embodying Wellness” Series with CIIS.

#### Reiki

Wednesdays w/Christopher Tellez; Thursdays w/Deena Berger

#### Massage

Thursday mornings w/Rachael Martinez/ Thursday afternoons w/Jude Fauconnier