

SHANTI VOICES

**BETTER
TOGETHER**

Fall 2017



Photo courtesy of
Edward Bell Photography

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



All of our services at Shanti are founded on one invaluable idea. Simply stated, one of the greatest gifts we can give to someone is to come together with them as peers or equals who share a common humanity. It is this common bond that has connected us as people throughout history, and has been fostered by Shanti for the past 43 years.

Caregivers—both staff and volunteers—across Shanti’s programs strive to uphold, in the words of President Lincoln, the ideal of being the “better angels of our nature.” The belief that *every single person deserves compassion, social connection, and human dignity* is as true today as it was 43 years ago. Time and time again, the research from the medical and scientific communities has demonstrated that those people facing life’s most difficult challenges fare far better when compassion, social connection, and human dignity are provided. Although the times we live in may feel particularly overwhelming, we all do better with these supportive connections, and our clients are no exception.

Indeed, each year we are called upon to serve more of our friends and neighbors in need. Earlier this year, we launched our newest program: the LGBT Aging and Abilities Support Network (LAASN), thanks to the efforts of San Francisco’s LGBT Aging Policy Task Force and the Department of Aging and Adult Services. Dedicated to the evolving needs of our community and designed to ensure that LGBT seniors and adults with disabilities receive a sustained network of care, LAASN used the Shanti Model of Peer Support, Care Navigation, and supportive programming to serve nearly 150 clients in its inaugural year.

Today, thanks to your support and service, we serve more than 2,200 clients and over 800 beloved companion animals. Yet, in a world too often marked by perceived divisions, there is more work for us all to do. We invite you to join us in celebration of Shanti’s legacy of compassion to others—as a Peer Support Volunteer, donor, or as a member of our vibrant community extending a hand to those in need. With your support, we continue to stand on the front lines in building a more compassionate future for everyone together.

Kaushik Roy
Executive Director

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DOROTHY GRAHAM & THE GRAHAM FAMILY FOUNDATION

DONOR PROFILE



Olga and Dorothy Graham, at Olga's 95th birthday in 2002. Photo courtesy of PAWS Prints Fall 2009

Olga and Victor Graham, Dorothy's parents, loved animals. Recalling her parents as "cat people," Dorothy remembers that the family always had felines around to provide great companionship. More than simply pets, the Graham family cats were true members of the family. From early on, Dorothy learned that pets are fundamental to a person's well-being.

For over a decade, Dorothy Graham has honored the compassionate legacy of her parents through the creation of the Graham Family Foundation. Thanks to Dorothy's connection to the PAWS' mission of preserving the human-animal bond, the Graham Family Foundation has awarded PAWS more than \$175,000 in grants since the foundation's formation in 2005.

Dorothy recalls her mom as a giving person her whole life: first serving as a teacher and tutor to "hardest-to-reach" kids in New York and the Bronx; later, Olga volunteered in nursing homes. It was this foundation of demonstrated selflessness, as well as growing up in a cat-loving home, which cemented for Dorothy the true importance of the human-animal bond for all.

Dorothy inherited Olga's values of giving back and supporting people in need. She became involved in the AIDS movement in the 1980s, helping to bring services to those affected by HIV/AIDS in the East Bay. Dorothy remembers this devastating time as "a period of incredible loss where I was seemingly going to funerals constantly."

Through her work in the HIV/AIDS field, Dorothy first heard about PAWS. She was immediately connected to the PAWS mission and began making small consistent donations. Throughout her life, Dorothy saw first-hand how "important pets are to consoling

people" and, as she puts it—not just as animals but "members of the family...fundamental to people's well-being."

After her mom passed away in 2005, Dorothy reflected on the values exemplified by her parents and decided to create a foundation to support organizations like PAWS. In 2007, a cornerstone grant from the Graham Family Foundation provided seed funding for PAWS to establish a program to support seniors. PAWS was one of the very first organizations to receive support from the foundation.

Dorothy sees offering services to seniors as a natural extension of PAWS' original mission of serving people with AIDS. This was the beginning of a significant commitment on behalf of the Graham



Dorothy Graham with Shanti Executive Director Kaushik Roy at Petchitecture 2017. Photo courtesy of J'Adore le Chien Pet Photography

Family Foundation to helping all people in need keep their pets fed and healthy—a cause that, as Dorothy states, is "one of the most meaningful interventions you can make in someone's life."

With recent first-ever funding from the City of San Francisco to assist seniors in-need and bolster Care Navigation services, PAWS is now more sustainable than ever.

Dorothy highlights the importance of supporting PAWS' services, such as the provision of vouchers for veterinary care, through her own experience caring for an ailing pet. "I had a very beloved cat, Pepsi, and unfortunately he got very sick with cancer," recalls Dorothy. "He had a very sad experience, and it was very traumatic for me."

Her personal experience underscores why Dorothy is so happy to support PAWS with grants that help cover expenses related to vet care vouchers for clients in need. **"It's important to me to help people keep their pets healthy as long as possible.** When people's pets get sick, having the money to take care of them shouldn't be an additional stressor in their lives," says Dorothy.

Dorothy sees the difference made by her grants and considers them a very meaningful intervention in the lives of people in need. "For not a huge amount of money, a little bit can go a long way."

This is the enduring legacy of Olga and Victor Graham.

ON THE ROAD TO HAPPINESS: HULDA'S STORY



Photo courtesy of Jonathan McLeod

When Hulda first came to Shanti as a client in 2001, she was just beginning to find her voice. She grew up in an environment of violence where she was subject to emotional, mental, and physical abuse and made to feel as though she didn't matter. At an early age, Hulda had accepted that she was alive only to suffer. Connecting with Shanti was the beginning of a healthier, happier life for Hulda.

From the beginning, while Hulda was still struggling to find herself and her worth, Shanti valued and accepted her for who she was. Over time, Hulda realized she was *good enough* even if she did not feel like she had reached her potential. Shanti's acceptance of Hulda helped her find acceptance within herself.

Today, Hulda is connected to Shanti's network of care. She meets with Care Navigators and Peer Support Volunteers. She attends a Shanti support group specifically for women living with HIV, where she has the opportunity to speak about her life with her peers. Through these social gatherings and forms of outreach, Hulda is able to build trusting relationships.

Hulda now shares her story through active participation as a board member and panelist for many organizations in the community, including Quan Yin Healing Arts, Women Organized to Respond to Life-Threatening Diseases (WORLD) Committee, and the Black Health Center of Excellence. Hulda's ability to grow her voice and share her story has helped countless others, and she has empowered herself in the process. Shanti offered Hulda the support and safe space she needed to gain self-confidence and strength. If you meet Hulda for the first time today, there is no sign of the shy person she once was. She is now a bright light, full of life, stories, laughter, and acceptance.

VOLUNTEER SPOTLIGHT: IAN MATTHEWS

Shanti staff talked with an inspiring Peer Support Volunteer, Ian Matthews, about spending sunny Saturdays with Margot Murphy Women's Cancer Program client Ida, their favorite museums around town, and how when it comes to volunteering, sometimes mother knows best!

TELL ME A LITTLE BIT ABOUT YOURSELF.

I was born and raised right here in San Francisco, and have wanted to be a doctor since I was in high school. I attended Hamilton College in upstate New York and am currently applying to medical school.

WHAT KEEPS YOU BUSY HERE IN SAN FRANCISCO?

I currently help out in the emergency room and in palliative care at the California Pacific Medical Center Davies campus. I also tutor inmates at San Quentin every Thursday in reading and math, and work 30 hours a week at the University of California, San Francisco oncology lab.

SO HOW DID YOU COME TO FIND US HERE AT SHANTI?

It was January of 2016, and I was looking for a new, more connected experience here in San Francisco, so I asked my mom for some advice. She had attended the Shanti Peer Support Volunteer training a few years prior and encouraged me to sign up. So I attended the next training and, by March, I was a newly minted Peer Support Volunteer!

TELL ME A LITTLE BIT MORE ABOUT YOUR TIME WITH SHANTI CLIENT, IDA.

I usually see Ida on Saturdays. Every other Saturday we will go to the farmers market in Bernal Heights. We like to find seasonal fruits and vegetables—and we always make a stop at the bread stand. Afterwards, we'll

get brunch at Bernal Star, and every so often I'll bring my dog Alex along, too. For the Saturdays in between, we like to visit Rainbow Grocery to go through their amazing cheese selection. Sometimes we'll go to different museums as well. A month or two ago, we spent the whole day at MOMA [San Francisco Museum of Modern Art]. Ida has a particular fondness for the DeYoung, the Palace of Fine Arts, and the SF MOMA—I like to say that she is culturing me!

ANY FUN FACTS YOU CARE TO SHARE ABOUT YOURSELF?

I have three chinchillas.

HOW DOES BEING A SHANTI VOLUNTEER CONTRIBUTE TO YOUR DAY-TO-DAY LIFE?

There have been so many parts of the city that I would not have visited if I wasn't with Ida and Shanti—and I've lived in this city for the majority of my life! From exploring Bernal Heights to visiting museums and restaurants—my repertoire has expanded greatly being with Ida. It's helped get me out and about and see the world!



Shanti client Ida and Peer Support Volunteer Ian out on the town

ON THE FOREFRONT OF CARE AND COMBATING ISOLATION

THE LGBT AGING & ABILITIES SUPPORT NETWORK (LAASN)

Now in operation for nearly a year, Shanti's newest program, LAASN, is already making a difference in the lives of nearly 150 clients.



John and Kenzy

The problem? As identified by the San Francisco LGBT Aging Policy Task Force, "limited supportive services [are] available to address the emotional, behavioral health, and social isolation challenges of LGBT seniors." Further, there is "not even close to an adequate level [of support] to meet the significant unmet needs of this special population within the larger community of seniors." The solution? Shanti.

Designed to combat the growing isolation among LGBT seniors and adults with disabilities, the LAASN Program is a natural expansion of Shanti's existing programs that respond to the evolving needs of San Franciscans. Over the course of two years, the San Francisco LGBT Aging Policy Task Force identified numerous issues facing this unique population, including a lack of services specifically dedicated to improving emotional and behavioral health and reducing social isolation among LGBT seniors. The Shanti Project was selected by San

Francisco's Department of Aging and Adult Services (DAAS) to address this urgent and growing need. With a 43-year knowledge base tackling isolation of those most vulnerable in our community, Shanti is proving the perfect fit to face this issue head-on.

LAASN follows the Shanti model of compassionate care for others. To make entry points for friends and neighbors in need as accessible as possible, Shanti takes on isolation in our community in diverse ways. Clients can be matched with a Peer Support Volunteer, who provides between 2-6 hours of one-on-one emotional and practical support. Clients



Peer Support Volunteer Adrian (left) with LAASN client John

"San Francisco has taken the lead in supporting the LGBT senior population. Since 2011, we have researched the challenges of the LGBT senior community. The key finding is that even in San Francisco, the level of stigma impacts resources and exacerbates isolation."

— Shireen McSpadden,
Executive Director, DAAS

of the LAASN Program also have a Care Navigator on staff who helps clients maneuver the often complex path to accessing medical care. Through the DAAS contract, Shanti partners with the Curry Senior Center, an organization based in San Francisco's Tenderloin neighborhood that provides primary medical care, case management, counseling education, and meals to seniors. This partnership enables LAASN clients to access additional programming, rounding out their network of care. From help with everyday tasks like laundry or pet care, to keeping medical appointments and coordinating transit, Shanti is helping to reinforce a safety net

around isolated LGBT seniors and adults, like one of LAASN's earliest clients, John.

Shanti expects to provide services to at least 190 clients by the end of June 2018. This includes at least 2,350 hours of Care Navigation and 69 Peer Support Volunteers matched with clients for ongoing support. This work will enable more members in our vibrant community to face less isolation, better maintain their health, and walk the path of life with a network of compassionate champions by their side.

"Sometimes I don't know if I am supporting or if I am being supported—we are equals"
— Adrian, Shanti Peer Support Volunteer



LAASN Client John, Peer Support Volunteer Adrian, and Shanti Care Navigator Matthew

"Adrian is someone who I can call or talk to-to lean on for support. We've become real friends."

— John, LAASN client

PETCHITECTURE - CELEBRATING 30 YEARS OF PAWS

Pets Are Wonderful Support's 30th Anniversary Celebration, honoring the PAWS volunteer veterinarians
Thursday, May 4, 2017 at the Fairmont Hotel, San Francisco



2017 Cat Idol Parent Susan Janin, with Nicole Sheehan and canine guest
Photo courtesy of J'Adore le Chien Pet Photography



Board Member Tom Steele and three beloved canine guests
Photo courtesy of J'Adore le Chien Pet Photography



Shannyn Bessoni and beloved canine guest Memphis



State Senator Scott Wiener and Honorary Event Chair Dede Wilsey



Event Honorees Dr. Ilana Strubel with Lady Bird, Dr. Ken Gorczyca, and Dr. Kathy Gervais



Photos courtesy of Drew Altizer Photography, except where noted.



2016 / 2017 BY THE NUMBERS



631 clients served

822 pets supported

21 vet clinics hosted



CAT FOOD



2016 / 2017 WE PROVIDED

59,810 cans of wet food

22,774 pounds of dry food

16,371 pounds of cat litter

340 vouchers for veterinary care visits



COMPASSION IS UNIVERSAL GALA

Shanti's 43rd Anniversary Dinner, honoring Shanti Client and Board Member Chip Supanich, The Honorable Mark Leno, and Shanti Client Gerry Crowley
Hosted on Thursday September 28, 2017 at the Palace Hotel, San Francisco



Shanti Executive Director Kaushik Roy, Nancy Pelosi Lifetime Achievement Award Honoree Mark Leno, and Supervisor Hillary Ronen



Chief of Staff for House Democratic Leader Nancy Pelosi, Dan Bernal, State Senator Scott Wiener, and Brett Andrews



Gala Co-Chairs Adam and Monica Mosseri
Photo courtesy of Edward Bell Photography



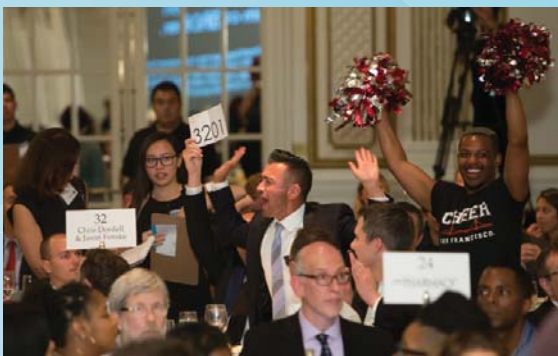
James C. Hormel Community Spirit Award Honoree Chip Supanich and Shanti Founder Dr. Charles Garfield



Board Chair Constance E. Norton welcomes guests



Shanti Board Member Chris Dordell and San Francisco Treasurer José Cisneros



Cheer San Francisco excites the crowd during the auction bidding!



Shanti Executive Director Kaushik Roy, Margot Murphy Inspiration Award Honoree Gerry Crowley, and Supervisor Aaron Peskin

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THANK YOU TO OUR DONORS

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"I'm proud that Peaches Christ Productions is part of a long tradition of drag performers supporting the queer community in San Francisco through charitable fundraising."

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 Bay Area Musicals
 Tyson Bell
 Burning Man
 Cavalia Inc.
 Jeanette & Bill Cereske
 The City Club of San Francisco
 Citipets
 Robert & Kathleen Cohen
 Elite Island Resorts
 Joshua Ets-Hokin
 Photography/
 Ets-Hokin Studios
 Garret + Moulton
 Productions
 Gensler
 Golden Gate Men's Chorus
 Green Palm Springs Rentals
 Hafner Vineyard
 Hands On Bay Area
 Hubba Hubba Burlesque
 Peter & Linda
 Kuzma-Rodevad
 Landmark Theatres
 MBH Architects
 McCall Design Group
 Michael Archer & Diane
 Harkins Archer
 NicholsBooth Architects
 O'Connell Family Wines
 Old First Concerts
 Ron Paskins
 Petco San Bruno
 Petco San Mateo
 Rapid Displays
 Richmond/Ermet AIDS
 Foundation
 RushTix
 San Francisco
 Choral Society
 San Francisco



Micki Klearman & Joe Iacocca
 Photo courtesy of Drew Altizer Photography

"We are repeatedly amazed by the quality of service the Shanti volunteers and staff provide to the community and their unwavering dedication. We keep showing up to support their good work because of the way they keep showing up for their clients."

Gay Men's Chorus
 San Francisco
 Neo-Futurists
 San Francisco Opera
 San Francisco Playhouse
 San Francisco Silent
 Film Festival
 The San Francisco SPCA
 The San Francisco SPCA -
 Pacific Heights Campus
 Shelton Theatre
 The Stanford Inn
 by the Sea
 Theatre Rhinoceros
 Woods Bagot
 WX (formerly
 Winery Exchange)

Government Funding

City and County of San Francisco (multiple contracts from the San Francisco Department of Public Health and the San Francisco Department of Aging and Adult Services)

Legacy Circle

Anonymous (2)
 Tyson Bell
 Judith Brown
 Scarlett Chidgey
 William L. Dawes
 Charles Garfield
 & Cindy Spring
 Juanita Gonzalez
 Shane Hensinger
 Patricia Hensley
 Ms. Brisdell Hunte
 Jill Isenstadt
 Susan Janin
 Laura Kellough
 Dr. Micki Klearman
 & Joe Iacocca
 Dennis Knebal
 Aline Mandy
 Colleen McCarthy
 Constance E. Norton, Esq.
 Frank Petkovich
 & Tim Averbeck
 Ernesto Quintanilla
 Alexander Rivera
 Kaushik & Stacy Roy
 Tom Steele
 Chip Supanich
 Nisha Trivedi
 Beverly Ulbrich
 Christopher Wiseman
 Leslie Zellers



Shanti Project
730 Polk Street, 3rd Floor
San Francisco, CA 94109



LOOKING FOR WAYS TO SUPPORT SHANTI?

Help ensure the future of Shanti-join our Legacy Circle! To leave a legacy gift for Shanti in your will, or for more information on including Shanti in your estate plans, please contact: legacy@shanti.org.

DONATE YOUR CAR

When you donate your car, you avoid the costs associated with selling or maintaining your car while helping your favorite cause! Just call **888-SHANTI-4 (888-742-6844)** to speak to a representative.

COMMUNITY THRIFT

You can take in-kind donations of clothing, housewares, and more to Community Thrift Store and tell them to credit Shanti. For more details on acceptable donations and donation hours, please visit: www.communitythriftsf.org, call **415-861-4910**, or visit **623 Valencia Street**.

WISH LIST

In-kind donations for our Shanti office are always welcome. We are currently seeking hygiene supplies for clients; electric heating pads; art supplies; yoga mats; and snacks for clients and community meetings. For our full wish list of client, program, and office needs, please visit www.shanti.org under "Donate."

CONNECT

Help us build a community of compassion-connect with us today! Follow "Shanti Project" on Facebook, or @shantiprojectsf on Twitter and Instagram. **To join our email list, please contact development@shanti.org.**