

COMPASSION IS UNIVERSAL

730 Polk Street
San Francisco, CA 94109

Tickets for our 37th Annual Benefit, *Compassion is Universal*, are now on sale: www.shanti.org/pages/compassion-is-universal.html

Ongoing Activities and Workshops

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

L.I.F.E. Health Workshop Cycle 31

TBA. Call Karl at 415-674-4706.

L.I.F.E. Experience

Wednesday Evenings. Call John at 415-674-4713.

L.I.F.E. Seminars

TBA. Call Everett at 415-674-4724.

Yoga for HIV-Positive Health

Tuesdays, 4:15 – 5:30pm. Call 415-674-4713.

The L.I.F.E. Goes On Project (LGO)

Volunteer clean-up/maintenance program at the National AIDS Memorial Grove in Golden Gate Park to take place on the third Saturday of every month lasting through October.

Call Derrick at 415-674-4703 for more information.

L.I.F.E. Hep C Survivors Group

Monday Afternoons. Call John at 415-674-4713.

Drop-In Support

Call Karl at 415-674-4713.

Volunteer Services

We are currently recruiting volunteers for the following community events, for which we are fortunate to be a beneficiary: **Sunday, Sept. 25** — We are recruiting volunteers to assist in running a beverage booth at the Folsom Street Fair, an adult alternative outdoor festival. **Sunday, October 4th** — We are looking for a group of volunteers to solicit donations at

the gates of the Castro Street Fair.

Our next Peer Support Volunteer Training is scheduled for **November 4-6** and the evening of **November 9**. For more information, please visit www.shanti.org or contact Volunteer Services at 415-674-4712.

HIV Services

Drop-in Center & Service Hours

Tuesdays 9:30am – 11:30am

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

Thursdays 9:30am – 12:30pm

Health Chat

Tuesdays 11:30am – 12:30pm

Vent: A support group for clients

Wednesdays 10:00am – 12:00pm

Haircuts

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

SPCA Therapy Dog Visits

Thursdays 11:00am – 12:00pm (first two weeks of the month)

Women Experiencing (W.E.): A Safe space for all women

Fridays 10:00am – 12:00pm

Movie Night

3rd and 4th 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 interesting activities and events while socializing and establishing connections with their peers. The Activities Program is available to clients Tuesday through Friday from 10am-12pm. Call 415-674-4743 for more information.

Breast Cancer Program Services

Care Navigation

Monday through Friday 9:00 am – 5:00pm
Upcoming Breast Cancer Workshops (contact 415-674-4774 to register)

Four-Week Qi Gong Series; Chinese Nutrition Class; Ceramics Art Workshop; Jewelry Making Workshop; English Nutrition Class; Holiday Greeting Card Workshop; Spanish Nutrition Class; and In Pursuit of Happiness.

Reiki

Every other Wednesday

Yoga

Every Wednesday through December 7th



Shanti Voices

Fall 2011

37 Years of Embracing Wellness



Compassion Is Universal

Following an extremely successful and sold out Compassion is Universal event in 2010, Shanti is honored once again to host Compassion is Universal 2011 (CIU 2011), Shanti's 37th Anniversary Dinner, on Wednesday, October 12th at Hotel Nikko in San Francisco. Maintaining the mission-focused feel of last year's event, CIU 2011 will focus on the strength and courage of our clients, generosity of our donors and essential services Shanti provides to over 2,400 clients annually.

Shanti is grateful to have the support of so many generous members of the community. Our presenting sponsors this year are, once again, The Honorable James C. Hormel and Michael P. Nguyen. Other top sponsors include The Bob Ross Foundation; Nordstrom; Shanti's founder, Dr. Charles Garfield and Cindy Spring; Wells Fargo; Dede Wilsey; Common Interest Management; and Kaiser Permanente. For a complete list of our sponsors, please go to page 9, and for more information on becoming a sponsor, please visit www.shanti.org/pages/compassion-is-universal.html.

Approximately 500 guests will attend this year's dinner, reflecting the many communities who support Shanti's work and who are united in their belief that compassion is universal. The evening will begin at 5:30 pm with a reception and silent auction. Dinner follows at 7 pm with an inspiring program, emceed by long-time Shanti supporter, Janet Reilly, and a performance by Mr. Nguyen.

We are pleased to honor three members of the community who best embody Shanti's values of volunteerism and compassionate service. The 2011 awardees of the James C. Hormel and Breast Cancer Client Community Spirit Awards are John Weatherman and Renée Heidtman,

respectively. In addition, we will honor Randy Allgaier, in memorium, with the Charles A. Garfield Volunteer Leadership Award, for his passion and tireless volunteerism at Shanti and in the broader HIV/AIDS community.

Our "Around the Universe" auction will also help raise funds to support Shanti's clients. Currently, there are many great items up for bid at www.biddingforgood.com/shantiproject. Through the online auction, caring individuals across the country are supporting Shanti's great work.

We view our Annual Dinner both as a way to honor our legacy and also raise awareness within our community of the immense challenges our clients often face. We look forward to seeing you on October 12th.

Around the Universe

the 2011 Shanti Benefit Online Auction
www.biddingforgood.com/ShantiProject

what's inside...



Remembering Shanti client, Thomas Moore. Read the article on page 6.

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A Message from our Executive Director



One of the most humbling parts of being at Shanti is meeting some of the incredibly inspiring clients we are privileged to serve. Each year at our Annual Dinner, we try to share the stories of two of these clients who represent the essence of Shanti’s mission and values.

This year, I look forward to sharing the stories of John Weatherman and Renée Heidtman. John has lived a life of service through his career as a school teacher of 32 years. Diagnosed with HIV in the mid-1980s, John entered Shanti’s L.I.F.E. Program® in 2005. He was so impacted by the experience that he started volunteering at Shanti the following year and recently joined the L.I.F.E. staff in a part-time role. Renée was diagnosed with stage-4 breast cancer in 2010 at the age of 29. She then entered our Breast Cancer Program and has been matched with a Shanti Peer Support Volunteer since that time. Shortly after her diagnosis, she founded the Center for Peaceful Healing, a donation-based healing center here in San Francisco for individuals with cancer.

Both John and Renée embody the premise on which Shanti was first founded, that everyone possesses the inherent capacity to provide loving and compassionate support to another human being.

As Shanti clients, they have received the compassionate support we all would need if facing the challenges of serious illness. At the same time, their illnesses have not stopped them from extending their own compassion and service to others as well. In short, they illustrate how compassion truly is universal.

We hope you can join us at this year’s Annual Dinner on October 12th for another heart-warming celebration of Shanti, the community and the spirit of individuals such as John and Renée.

Sincerely

Innovative Collaboration between UCSF and Shanti Commences

We are proud to announce that the California Breast Cancer Research Program awarded a 2011 Community Research Collaboration Grant to Shanti’s Breast Cancer Program in partnership with UCSF researchers, Dr. Galen Joseph and Dr. Nancy Burke, and Dr. Elly Cohen, Director of breastcancertrials.org. The 18-month grant will support a pilot project based on the hypothesis that Shanti, a trusted community-based organization, can leverage its critical and unique position within the breast cancer care system to address clinical trials information disparities in the underserved breast cancer population in San Francisco. In the pilot study, formative research will be conducted to develop the educational materials, approach and the protocol for Shanti navigator-facilitated trials access (via breastcancertrials.org).

The development of the research project was initially inspired by a meeting that Maria Caprio, Director of Shanti’s Breast Cancer Program, had with Dr. Cohen in 2009. Following their conversation, Ms. Caprio decided to survey Shanti’s breast cancer clients regarding their knowledge of and participation in clinical trials. Of the 360 clients who responded, only 2 knew what a clinical trial was, and only 1 had been invited to participate. In response to these results, Shanti staff indicated that too few resources are available to them and to their clients with regard to clinical trials education. This direct feedback was the impetus for initiating the collaboration between Shanti and UCSF researchers.

“When the needs of underserved, underinsured communities are not taken into account in the development and implementation of cutting-edge research, the healthcare community participates in widening and petrifying disparities in survival outcomes among groups, rather than minimizing them. The partnership we have forged with UCSF researchers embodies the type of commitment and resourcefulness that San Francisco has come to expect from Shanti: the creation of an innovative, effective intervention that aspires to shift the system into one that safeguards best-practices and equal access for those most at risk of being left behind,” said Alyssa Nickell, Ph.D., Care Navigator & Manager of Program Development for Shanti’s Breast Cancer Program.

Donors for FY 2011 (continued)

~~\$250-\$499~~
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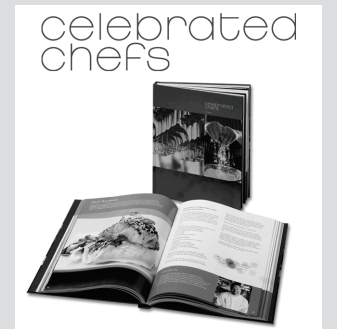
Government Funding

City and County of San Francisco
San Francisco Department of Public Health
Mayor’s Office of Housing, Community Development

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

We sincerely apologize for any accidental omissions or misspellings. Please contact Ariana Katz with comments at 415.674.4759 or akatz@shanti.org.

Thank you to the following generous hosts of Shanti Happy Hour fundraisers: Garza and Café Flore and Deco Lounge. If you know of a bar that would like to host such an event, please contact Ariana Katz at 415.674.4759 or akatz@shanti.org.



Celebrated Chefs is an exciting new program that helps Shanti raise funds all year long. Through this innovative program you can lend valuable support simply by dining in San Francisco’s best restaurants!

It’s simple and free to sign up and Shanti gets 5% of the bill every time you dine at a Celebrated Chefs Restaurant! Find out more by contacting Ariana Katz at (415) 674-4759.

wish list

In-kind donations for clients and our Shanti office

- Laptops
- Projectors
- Color Laser Printers
- Flatscreen Computer Monitors
- Soothing Music CD’s
- Ergonomic Computer Chairs

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 www.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.communitythrifthsf.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 Ariana Katz at 415.674.4759 or akatz@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 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.

board

Our Board of Directors

Julie Baumgartner, *Director, Ad Tech & Strategy at A9.com (an Amazon company)*

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thank you

Donors for Fiscal Year 2011 (July 1, 2010 – June 30, 2011)

\$50,000+
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Under One Roof, Inc.
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William Wilson III & Kyra Bowling
Ron Wong & Mike Tekulsky
Frank Woo & Sheldon Sloan
Miles Woodlief

(continued on next page)

New L.I.F.E. Interventions Planned

In the coming year, Shanti’s L.I.F.E. Program ® will add new interventions, including a 4-hour HIV 101 program for the newly diagnosed in collaboration with San Francisco City Clinic and a condensed 3-day version of the L.I.F.E. Health Workshop that will dive deeper into four areas of health: 1) social health, 2) physical health, 3) psychological health and 4) healthcare and treatment.

In San Francisco, the L.I.F.E. Program® serves underserved populations and is culturally and linguistically relevant to our clients. In addition to serving HIV-positive gay/bisexual men, L.I.F.E. has expanded the communities it serves to reach HIV-positive women, Blacks/ African Americans and monolingual Spanish-speaking Latinos/Latinas (regardless of sexual orientation). And, in response to the rise of hepatitis C co-infection among people living with HIV, L.I.F.E. also has mono- and co-infection support groups.

The next San Francisco workshops will happen in November 2011; for more information please visit www.shanti.org or call 415-674-4706.

mubeauty

Shanti encourages you to check-out an ongoing fundraising opportunity in partnership with MuBeauty Products, a local skin care company. \$5 of every purchase from MuBeauty will be donated to Shanti in honor of breast cancer awareness. A link to the MuBeauty site can be accessed via Shanti’s homepage (www.shanti.org).

Shanti’s Breast Cancer Program’s 10th Anniversary

Thank you to everyone who contributed to the success of the 10 Year Anniversary Event for Shanti’s Breast Cancer Program! With nearly 200 attendees, the sold out event raised over \$20,000. Special thanks to the Event Advisory Committee, Hotel Kabuki, CoCoa Bella Chocolates, Ms. Connie Champagne, Ms. Maria Leone, the Benny Bock & Henry Orr Jazz Duo and the Junior League for making it such an inspiring afternoon.



You can make a big donation to Shanti if you are thinking of buying or selling a home — and it won't cost you a dime.

It's possible through Shanti’s partnership with My Broker Donates, which matches our supporters with real estate brokers who agree to donate 15% of their fee to Shanti. The potential donations are impressive: a \$500,000 home would generate a donation of more than \$2,000 for Shanti.

My Broker Donates is easy to use and they recommend qualified, caring brokers — what's more, each transaction completed means a guaranteed donation to Shanti. Learn how the program works by visiting www.mybrokerdonates.com.

volunteer spotlight

Gregg Timmons



Gregg Timmons has been a volunteer co-facilitator of Shanti's Gay Men's Cancer Support Group, "Jeffery's Place", for the past two years. Through his roles as a registered nurse and an attorney, Gregg has been working in the healthcare field for most of his adult life, either clinically or in claims/risk management. A cancer survivor, Gregg is thankfully now in complete remission.

When did you first become familiar with Shanti? How and why did you become involved with co-facilitating "Jeffery's Place", Shanti's Gay Men's Cancer Support Group?

I'd been volunteering with the Leukemia & Lymphoma Society programs after I went into remission in the spring of 2002. Someone from that organization recommended me to Shanti as a possible co-moderator of Jeffrey's Place with T.J. Lee. I was a good fit for a number of reasons: I am a gay man who'd been through cancer and chemo, as an RN I know a little about cancers and cancer treatments and I'd also led support groups previously.

I know healthcare pretty well, but as a gay man going through the challenges of cancer treatment and recovery, I saw how healthcare is set up. I was at Stanford, and they were respectful of my partner at that time. But with cancer support groups and other structures, being gay, or having a gay partner/caregiver, was foreign. Having a special place where cancer patients can be "themselves" is very important and can aid in recovery. That's what, Jeffrey, T.J.'s good friend and cancer patient wanted, and why the group was formed and named in his honor.

You have been co-facilitating "Jeffery's Place" for the past 2+ years. What is it about this volunteer opportunity that has motivated you to stay engaged?

There have been a wide variety of gay men who've come to Jeffrey's Place since it was formed, with a wide variety of cancers, experiences, personalities and prognoses. But the group has been able to provide each person with a

little bit of what they were looking for, whether it be resources, information, compassion or support. Many have said Jeffrey's Place has been the only place they could actually express the emotions they really feel, whether it be fear of their own prognosis/mortality, the effect their illness has on their loved ones or something else.

Another big reason I still work with the group is my co-moderator, T.J. Lee. Like so many people I've met at Shanti, his talents, energy and compassion are another strong reason why I continue to do what I do.

What did you take away from completing the Shanti Peer Support Volunteer Training?

I've done a lot of training over the years both professionally and with other organizations, but the Peer Support Training is very special, as are Shanti volunteers. The training for me was a great way not just to help Shanti clients, but to improve my life. The lessons of compassion, listening and therapeutic silence are a gift you can use in all aspects of your life, not just with your client. I can't recommend the Peer Support Volunteer Training enough, as it was a great experience!

REAF's "Help is on the Way" Benefits Shanti

Shanti was honored to be one of the four beneficiaries of the Richmond/Ermet AIDS Foundation's 17th annual "Help is on the Way" event. Funds raised benefit our HIV Services Programs.



Oscar Award-Winning Actress/Singer Shirley Jones with Executive Director Kaushik Roy
Photography by images@viamedia.net

30AIDS

On June 2, 2011, more than a dozen Bay Area AIDS service organizations came together to raise awareness and money for the AIDS epidemic. The alliance was named 30AIDS, on behalf of the 30 years that AIDS has impacted the lives of people all over the world.

Though we have made and celebrated many advances since the 1980s, challenges still remain to stop an epidemic that has claimed the lives of more than 25 million people worldwide. It is our hope that the 30AIDS collaboration will encourage people of all ages to take action and "Do Something," not only this year, but as long as the need continues.

Shanti is honored to be involved in this campaign and to work alongside various other vital AIDS service organizations. 30AIDS is currently promoting awareness through social media outlets and planning several events that will bring the community together, raise awareness of the AIDS epidemic that still persists today and raise funds for the organizations involved.

Visit www.30AIDS.org to find simple and relevant ways that you can become involved in the fight against AIDS: tell 30 friends to get tested, donate \$30 to the 30AIDS campaign, or volunteer 30 hours at your favorite AIDS service organization.

**30AIDS is comprised of AIDS Emergency Fund, AIDS Legal Referral Panel, Asian & Pacific Islander Wellness Center, Black Coalition on AIDS, Horizons Foundation, Instituto Familiar de la Raza, Maitri, Mission Neighborhood Health, Native American AIDS Project, Pets Are Wonderful Support, Positive Resource Center, Project Inform, Project Open Hand, Shanti, Stop AIDS Project and Tenderloin Health.*

THANK YOU TO OUR COMPASSION IS UNIVERSAL EVENT SPONSORS!

As of September 14th, 2011

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board profile

Chris Murray



Chris Murray joined the Shanti Board of Directors in June of 2010 after attending the Volunteer Center's Board Match. He is a co-chair of Shanti's 2011 Compassion is Universal event committee.

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

I first heard about The Shanti Project more than 20 years ago when I first moved to San Francisco. I was so impressed with this community-based organization that took on the responsibility for providing care and support for people fighting AIDS, who had otherwise been disenfranchised from family and community. I sought out Shanti a couple years ago when I was looking for an opportunity to volunteer my time.

You took on a co-chair role for this year's Annual Dinner, Compassion is Universal, after being in charge of tables and tickets last year. What prompted you to get more involved in the event?

The event is such a special night. It's an important fundraiser for the organization and wonderful opportunity to celebrate Shanti's impact in our community. I wanted to do whatever I could to make it a success.

What is a dream you have for Shanti?

I'm personally inspired by the concept that no person should ever have to face a chronic or life-threatening illness alone. I would love to see Shanti Programs available to anyone who would benefit — regardless of illness.

What do you do outside of Shanti?

I am a Management Consultant in Financial Services. I love to exercise, travel and spend my weekends in Sonoma.

Where are you from originally? What brought you to San Francisco?

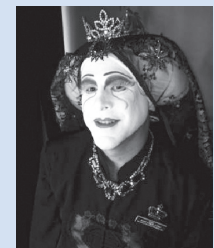
I grew up in a small town in Kansas. It was a great place to grow up, but I really wanted to experience city life. Immediately after college, I moved to San Francisco to work in the Financial Services industry.

If you could only go to one restaurant for the next five years, which one would you pick and why?

That would be torture because I love all sorts of food and restaurant experiences!

Who inspires you the most? Why?

I'm inspired by Shanti's clients for their courage facing their illness, willingness to accept help and share their experiences.



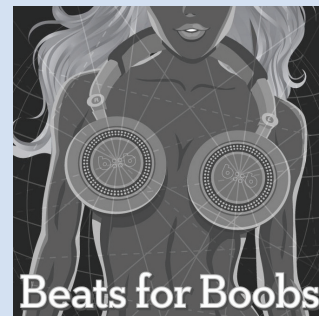
Special Thank you to The Sisters of Perpetual Indulgence

Sister Annie

The Sisters have generously supported Shanti in a variety of capacities since the early 1990's, including Bingo fundraisers, grants and other fundraising events at San Francisco PRIDE and the Castro Street Fair. Last fiscal year, they substantially increased their funding for a total of \$8,050 in grants. Thank you Sisters for all the amazing work that you do and the light and passion you bring to the community.

Beats for Boobs Celebrates 8 Years!

Beats for Boobs™ 2011 will honor its eighth year of uniting thousands of people in a collaborative celebration of art, fashion, food and music. Shanti's Breast Cancer Program is one of three local beneficiaries. Your assignment: join us this October and together we will accept MISSION: POSSIBLE, because we are change agents for the future – San Francisco event date: **Friday October 14th at Mezzanine | 6pm-2am**



Breast Cancer Clients Enjoy a Day at the Spa

The San Francisco Institute of Esthetics and Cosmetology (SFIEC) generously sponsored Shanti's Breast Cancer Program's Client Spa Day at their salon this past June. The wonderful SFIEC staff treated 30 of our clients to free hair styling, make-up sessions and facial treatments that everyone LOVED!



The L.I.F.E. Program® Graduation Party

The Cycle 30 graduates of The L.I.F.E. Program® celebrate with a potluck at Notre Dame Plaza.





Honoring Thomas Moore

On June 2nd, 2011, Thomas Carroll Moore passed away of natural causes. A native of Virginia, Thomas had been a resident of San Francisco for over 25 years. Prior to his arrival in California, Thomas served as both a youth pastor and a missionary. Upon settling in the Castro, Thomas took up a job driving trucks for Federal Express, an occupation that conveniently overlapped with several of his interests, including community involvement, making sense of San Francisco’s often challenging geography and layout and operating high powered motor vehicles (Thomas was the proud owner of a ’72 Dodge Challenger).

Thomas first connected with Shanti in 2005, by requesting a Peer Support Volunteer. Over the years,

Thomas accessed a full range of Shanti’s services including peer advocacy, L.I.F.E. Experience, the HCV (Hepatitis C) survivor’s group, and the L.I.F.E. Program®. Dave Jordan, Thomas’ Care Navigator, remembers, “Thomas had often expressed his appreciation for the services provided to him by Shanti; specifically the emotional support provided by his volunteer and Care Navigators, as well as the sense of community he gained through participation in the L.I.F.E. Program®. Thomas could always be counted on to bring a smile, a sense of true interest and a caring nature to anything he participated in, and he will be greatly missed.

Animal Assisted Therapy Program Comes to Shanti

Each year, Shanti Peer Support Volunteers are trained in the Shanti Model of Peer Support™, an active listening model, in order to provide non-judgmental compassionate support to an individual living with a life-threatening illness. The direct impact the volunteers make in their clients’ lives by serving as a constant source of practical and emotional support is astounding, however, many of our HIV Services clients are not in a space in their lives to receive this type of ongoing unconditional support. The San Francisco SPCA’s Animal Assisted Therapy (AAT) Program, which allows volunteer handlers and their companion animals, primarily dogs, to visit organizations and serve as an unconditional source of emotional support, is an effective way for clients to receive additional support without having to keep a standing appointment or have a permanent address.

Twice a month, an AAT volunteer and their incredibly sweet-natured therapy dog visit with our HIV Services Drop-In Center clients. Throughout each one-hour visit, the AAT dogs provide access to a compassionate, warm and adorable companion. Their

presence creates a safe space to recall and share life stories — an outlet for them to pass on their deep intrinsic love without fear of rejection — through healing belly rubs, kisses and/or affectionate words. They give them the ability to laugh and be silly without giving it a second thought, with just an overall enthusiasm for life. “It’s amazing how people get more comfortable and open up when they can pet a dog. Zoe has been a real ice breaker in the drop-in lounge”, states Lindell Bruce, AAT Volunteer and proud owner of Zoe, a therapy dog.

Whether through the client-centered work of our Peer Support Volunteer Program or through the SF SPCA’s AAT Program, there is a common denominator, the importance of true compassionate non-judgmental support in our clients’ lives.



AAT dog, Zoe

Shanti C.A.R.E.S at The San Francisco Marathon

After four months of training, Team Shanti C.A.R.E.S. completed The San Francisco Marathon on July 31. This was Shanti C.A.R.E.S.’ second consecutive year of raising money for the agency. This year they raised \$15,207. The staff at Shanti would like to thank the runners for their dedication and participation in an event that attracts runners from around the world.



Shanti Community Comes Together for Annual AIDS Walk

Shanti staff, volunteers and clients gathered in Golden Gate Park on a balmy Sunday for the 25th annual AIDS Walk in San Francisco and raised \$10,295 for the agency.

