

Shanti Voices

Fall 2009

35 Years of Friendship, Love and Compassion



Shanti founder Dr. Charles Garfield and his wife, Cindy Spring

2009 marks Shanti's 35th year of providing compassionate services to individuals with life-threatening illnesses, and on November 10th, we will gather together for our 35th Anniversary Commemoration. We view this event not just as a way to honor our legacy, but to also raise awareness within our community of the immense challenges our clients face today.

Founded in 1974, Shanti was one of the first-ever volunteer organizations to work with people with terminal diseases and was later one of the first community-based agencies in the United States to respond to the HIV/AIDS epidemic. Shanti has had a special impact in the Bay Area and beyond as a pioneer in the movement to offer volunteer care-giving to individuals with life-threatening and terminal illnesses. Since our inception, over 15,000 Bay Area residents have given more than three million hours of their time as Shanti Volunteers.

Shanti's mission is as important today as ever before. Shanti exists to enhance the quality of life, health and well-being of people living with life-threatening illnesses. We serve over 2,000 San Franciscans annually, and we provide some of our most vulnerable neighbors with breast cancer or HIV/AIDS with care navigation, peer advocacy, treatment information, practical assistance, emotional support and health enhancement and wellness programs.

Shanti began as a volunteer organization and volunteers continue to represent the heart of our work. We currently have over 200 well-trained active volunteers who provide emotional support and practical assistance to our clients, using the internationally-recognized Shanti Model of Peer Support™. This humanistic, client-centered model was developed by our founder, Dr. Charles Garfield, and remains the core motivating principle by which we operate.

It is an honor to touch the lives of individuals who might otherwise be alone and without adequate medical care. Whether we are teaching new self-empowerment skills to a young man with HIV or making sure an isolated, non-English speaking woman gets to her chemotherapy appointment, we are in a humbling position to see the difference we make every day. The Shanti community would not exist without you, our supporters, and we extend our heart-felt gratitude to everyone who contributes to us fulfilling our mission.

We hope to see you all at our 35th Anniversary Commemoration event on November 10th, an invitation will be mailed to you shortly. It will be a time to appreciate our legacy, share stories from the present and embrace our vision for the future.



Event Sponsors
As of 7/15/09



LEVI STRAUSS & CO.

please visit shanti.org to learn how to

BECOME A 35TH ANNIVERSARY SPONSOR

what's inside...

- A Message from Shanti's New Executive Director
- A Recap of Exciting Summer Events
- Shanti's Wish List and Creative Ways to Support Us

hello

A Message from Our New Executive Director



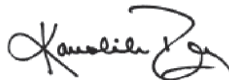
As this is the first opportunity to introduce myself to many of you, I want to express how sincerely excited and honored I am to be Shanti's Executive Director. I must admit that I did not know very much about Shanti when I first arrived at my Volunteer Training in April of 2004, but I was immedi-

ately struck by both the amazing work that Shanti was doing and the spirit of humility with which their services were provided. I realized right away that Shanti was one of those special places that has a profound impact on both those who receive services and those who provide them. Ever since that training weekend, I have always considered it a great privilege to be a part of this organization, whether as a volunteer, staff member and, now, ED.

Our 35th Anniversary allows us a chance to reflect upon some of Shanti's contributions. In so many ways, Shanti represents the uniquely selfless nature of the Bay Area. From our founding in 1974 at the UCSF Medical School's Cancer Ward; to the local, national and international roles we played in the earliest responses to the HIV/AIDS epidemic; to our current services for over 2,000 San Franciscans with breast cancer or HIV/AIDS annually; we have always strived to uphold the ideal of providing compassionate services with the utmost human dignity and respect.

We have seen the need for this kind of caring support increase over the past year, and amidst all of the many challenges in today's environment, Shanti has so far been able to accommodate the increased number of clients who come to us. For this, I extend my deepest gratitude to all of you—our loyal supporters who recognize the importance of being there for some of our most vulnerable neighbors. In the climate of decreasing corporate and foundation funding, we have actually seen a sizable increase in individual donations. Our clients are often left without a voice in our society, so with the greatest humility possible, on their behalf, I simply say "thank you".

I hope you will all consider joining us for our 35th Anniversary Commemoration on November 10th. It has been invigorating for me to meet so many of our supporters and community leaders and see how much goodwill exists for Shanti. In many ways, I believe at the heart of Shanti rests the idea of "community", and our Anniversary Event will be about honoring our community and the "35 Years of Friendship, Love and Compassion" we have offered to one another. Many clients consider Shanti to be their sole source of compassionate care, and with the community's continued support, we are uniquely situated to continue enhancing the quality of life, health and well-being of San Francisco's most vulnerable populations with breast cancer, HIV/AIDS and other life-threatening illnesses.


Kaushik Roy

events



Photo by Melinda Doolittle Entertainment

Kaushik Roy and American Idol star Melinda Doolittle

Shanti was a proud beneficiary of the Richmond/Ermet AIDS Foundation (REAF) this summer. REAF put on another incredible Help is on the Way production featuring stars such as Tyne Daly, Carole Cook, Melinda Doolittle and Joely Fisher among others. Thank you REAF and a big "thank you" to all the volunteers that made it possible!



Shanti staff member Michele Diaz and Wesley Johnson at Aids Walk San Francisco 2009

The 23rd Annual AIDS Walk San Francisco was held on July 19th at Golden Gate Park. Once again, Shanti was chosen to be an AIDS Walk Community Participant and receive a portion of the funds raised. Shanti's team had a great turnout, joining thousands of other community participants for the event, and we raised \$14,425.00.

welcome

Spotlight on New Staff

We welcome [Phillip Bokovoy](#) as our new Development Director. At Shanti he will be responsible for development and communications activities and will be working to get a new strategic planning process underway. Phil has 20 years of development, finance and strategic planning experience in the Bay Area, providing consultation to many non-profits and having served on numerous non-profit boards and committees, including Equal Rights Advocates, New Langton Arts, the Aurora Theatre Company and most recently at Swords to Plowshares, where he was Board Chair. He has served as a senior executive at Bank of America in San Francisco, and began his career as an attorney at Shearman and Sterling's San Francisco office. He is an alumnus of the UC Berkeley Economics department, and the UC Berkeley, Boalt Hall School of Law. He did his undergraduate degree at the University of Michigan in Ann Arbor.

We also welcome [Ariana Katz](#) as our new Office Coordinator. In this capacity, she will oversee general office duties as well as assist in many programs, including Development, Finance and Administration. She brings with her notable non-profit experience, which includes internships with AIDS Service Organizations in Southern California and Senegal, employment at an L.A. non-profit focused on assisting economically-disadvantaged/homeless individuals and volunteering at Planned Parenthood. She received a B.A. with Honors in Psychology from Occidental College.

Our Board of Directors

Julie Baumgartner, *Director of Strategic Accounts, Kontera, Inc.*

Alison Block, *Medical Student UCSF, Former LifeLines Intern and Volunteer*

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

Long Do, *Director of Litigation, California Medical Association*

Joe Ferrucci, *Attorney-at-Law*

Rubén Gamundi, *Sr. Medical Science Liaison, Gilead Sciences; Board Chair*

Dierdre Gilmore Milin, *Senior Manager, Scientific Analysis, Lumetra; Former LifeLines Director*

Dar Ritter, *Art Dealer, The DarDesign Group, LLC; Former HIV Services Volunteer*

Kaushik Roy, *Ex Officio member, Shanti's Executive Director*

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

Emily Wilska, *Principal, The Organized Life; Shanti Peer Support Volunteer*



As we commemorate 35 years of service, we have also had an exciting change in leadership and, of course, are responding to the challenges presented by the economic downturn. For all of these reasons, Shanti's board of directors, staff and volunteers are incredibly energized and motivated to do everything possible to ensure the sustainability of all of our programs and services to clients.

Kaushik Roy was appointed our new Executive Director this spring, after serving as interim ED since last October. Kaushik began his Shanti experience in 2004 as a peer support volunteer, and prior to assuming the ED position, held a number of director-level positions on staff. As an articulate and compelling advocate for Shanti's mission, he has embraced his new role with great passion. His heart-felt commitment to the Shanti Model of Peer Support™ and Shanti's role in the community are clearly evident to anyone who speaks with him,

greetings

Message from Our Board Chair

This year has proven to be an eventful time for the Shanti community.

and, already, Shanti's profile in the community has risen due to his energy in reaching out to supporters.

Shanti's 35th anniversary is a time for us to reconnect with old community supporters, as well as raise the awareness of our vital services to new audiences. We are pleased to announce that historic contributors, including Levi Strauss, Inc. and The Bob Ross Foundation, have joined us again as sponsors of our Anniversary Commemoration. Also, long-time supporters Janet Reilly and Dede Wilsey have agreed to serve as our Honorary Co-chairs. We are grateful to them, as well as the many other individuals and companies whose support will make the evening a success. Formal invitations are forthcoming, and, if you or your employer would like to explore sponsorship opportunities, please contact Ariana Katz at 415-674-4759 or akatz@shanti.org. Thank you.

Rubén Gamundi

wish list

In-kind donations for clients and our Shanti office

We appreciate hygiene products such as toothpaste, toothbrushes, soap or shampoo; books (sci-fi and crime are the most popular); and small appliances (microwaves, hotplates, etc.) Also needed are scarves, gloves, hats, yoga mats and bolsters, a new CD player/boom box, karaoke machine, knitting yarn, computer and monitors, DVD player, decorative pillows, pictures frames – all sizes, desk chairs, grocery push baskets for clients that cannot lift, Britta water pitchers, wall clocks, colored paper, office supplies, desk organizers, filing cabinets, water canteens and an office mail cart.

support

Creative Ways to Support Shanti

You can take in-kind donations to Community Thrift Store and tell them to credit Shanti. For details on acceptable donations and donation hours, you can visit their website at www.communitythriftsf.org, call them at 415.861.4910 or visit them at 623 Valencia Street.

You can earn money for Shanti just by using www.goodsearch.com for web searches. Shopping through www.goodshop.com also earns money for Shanti. You may be surprised at how many vendors participate in this program—check it out. Make sure you choose “Shanti (San Francisco, CA)” as the organization you “good search or shop” for.

honored



Volunteer Maggie Emmott and Mary Adele Lafrenz celebrate at Shanti's annual Volunteer Appreciation.

In honor of Shanti Volunteers' dedication and compassion, San Francisco Mayor Gavin Newsom issued a proclamation that June 11, 2009 is Shanti Volunteer Appreciation Day.

Debra N., a participant in Shanti's first Women's L.I.F.E. Program®, who has lived with HIV for 20 years, talks about her experience with L.I.F.E.

L.I.F.E. story

Q: Why did you start the L.I.F.E. Program®? What were your expectations?

At the time I was on meds for 5 months, felt physically and mentally sick, started seeing a counselor, and she was trying to think of ways to get me out of this. She told me about the L.I.F.E. Program® and gave me a flyer. We called together and I made an appointment with Kelly who was so great.

I wanted to meet other women that had HIV, to be around women that wanted to get better and were like me because I don't have anyone to talk to. No one knows I have it or they don't care. I wanted to figure out ways I could have better life, because at the time my life was very meaningless.

Q: In what ways has the L.I.F.E. Program® helped you?

It has changed me 100%. I felt I was the neediest one in the group...unlike some girls in the group. Some girls in the group are already okay; they already had knowledge and a good life.

It has helped me concentrate, allowed me to face my fears like learning and reading all the things I stopped doing because I got sick and my medicine makes me nauseous. [It] has showed me I can change. It has taught me to eat better. Finding a trusted support person has changed my life. I've learned through the program about trust, I had no trust when I first started. Every time I have a problem you guys have been able to help no matter how embarrassed I am about my problems. I have learned to calm down, and take each day at a time, instead of [seeing] impending doom. I look at things differently. I have hope. My doc thinks it has changed my life.

Q: Have you noticed any changes in your health or well being?

My T-cells have never been above 500, and they went up to 1080 since doing the program. My therapist says she has seen difference of night and day. I don't

just lie in bed, I'm constructive now, I have goals. Now I'm using a computer, which I thought I could never do. I went back to the gym and started taking care of my health. My sleep is much better. I was sleeping sixteen hours a day and now I'm not sleeping as much. It made me realize I have to start living instead of waiting to die. The doctor said it's a miracle; even my Hep C has gotten better.

Q: What has been the most impactful week for you in the program?

The week on grief and depression. I was in so much grief about how I got the disease. I learned I have to let go. I used to feel I didn't deserve to live because I caused myself to get sick. The guilt I have had for things I have done--I blamed myself so much for getting the disease. I felt guilty. Grief has caused me to stay in my shell. I isolated myself because of the grief, and so went into a deep depression. Then I started the L.I.F.E. Program®. It made me realize I have to accept what I have done and move on.

Q: What will you miss most about the group when it is over?

I will miss the connection with people who are compassionate and caring and making sure I have a purpose. The program made me feel like I have a purpose and that I am a human being and just like everyone else. I just have an illness, it doesn't make me a bad person, and I thought that before the program.

I'm going to miss the support and learning. It opened my mind to learning again. It made me want to volunteer and do speaking again. Many years ago I did lots of advocate speaking in jails and in juvenile hall and would run groups about HIV. [L.I.F.E.] brought my voice back, made me vocal. It brought out the best in me; to advocate and help other people.

Program Updates

happenings

LifeLines Breast Cancer Program

It has been a very busy summer for LifeLines staff and clients! Our generous and talented professional volunteers have been providing a variety of weekly services for our clients this summer including massages, facials, reiki, craniosacral therapy, yoga, knitting instruction and meditation. Professional volunteers also held workshops on jewelry making and nutrition classes. Nutrition classes and chats are held in English, Spanish and Cantonese. Monthly health chats allow our clients to express themselves within a safe and comfortable setting and offer the opportunity to learn more about relevant health topics.

There was also an outing to the Civic Center Farmers Market in June. Thirty clients were given \$15 to shop at the market. Educational handouts with information on what fruits and veggies are in season and which produce are cancer fighting/preventative foods were provided.

Thirty-five clients gathered at the San Francisco Zoo in mid-July for an afternoon with the lions, alligators and tigers. Two guided tours were offered by Zoo docents, one in English



and one in Cantonese. Clients seemed to fall in love with the baby gorilla – but who wouldn't? After the tour, LifeLines provided a healthy and nutritious lunch for clients and picnicked together near the Flamingo exhibit.

Staff and clients are excited for the upcoming Annual Summer Wellness Celebration on August 21st. With 150 clients and their

families, we will celebrate survivorship over tea and healthy snacks. Special guest speaker, Rosa Yolanda Mendoza, will share about her struggle with breast cancer and Lifelines client, poet and writer, Mary Adele Lafrenz, will read some of her work. We are looking forward to an afternoon with friends!

HIV Services

Greetings from HIV Services! This summer has found us busy as ever, with both new and ongoing programming flourishing. Our three support groups, Health Chat, Vent and Women's Space, continue to attract clients, and our drop in center remains very popular. In anticipation of September's Volunteer training, HIV services staff have been working hard to find individuals who could benefit from the emotional and practical support provided by a Shanti volunteer. Finally, our team is proud to have contributed to fundraising through participation in San Francisco AIDS Walk, Pride, REAF and Up Your Alley.

winner

Shanti is voted Best of the West as Pride Choice Awards Publishes First Ever List of Top-Rated LGBTQ Nonprofits



The contest, held during Gay and Lesbian Pride Month in June, asked people to submit reviews and ratings about nonprofits serving the LGBTQ

community. The contest was sponsored by GreatNonprofits, GuideStar and Queerty. The results provide surprising insights into the diversity of organizations that are considered effective and important by volunteers, donors and stakeholders of the gay and lesbian population.

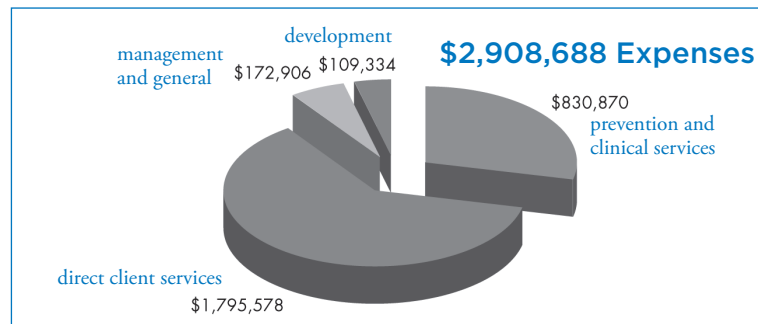
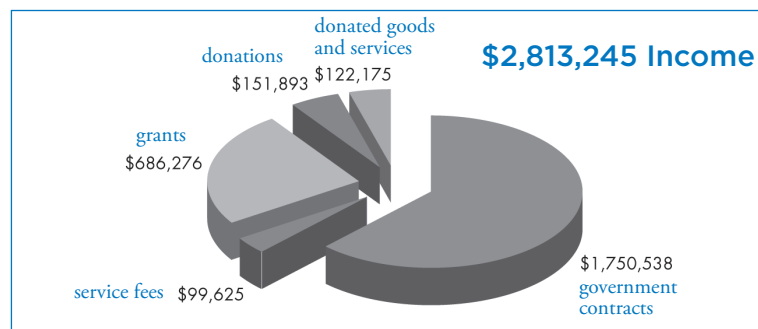
Over the course of Pride Month, more than 32,000 people visited the GreatNonprofits Web site, and 736 reviews were posted about more than sixty LGBTQ organizations.

Shanti received so many wonderful reviews in the 2009 Pride Choice Awards that members of the public have chosen us as the "best nonprofit serving the LGBTQ community in the West region of the U.S." Thank you so much for voting for Shanti—we're proud to serve the LGBTQ community!

financials

2008 Financial Report

audited by PMB Helin Donovan, LLP, fiscal year ending June 30, 2008



thank you

Our Generous Donors and Supporters During FY 2009

\$50,000 and above

Genentech Foundation
Pfizer Foundation

\$25,000 - \$49,999

Gilead Sciences, Inc.
Horizons Foundation
M.A.C. AIDS Fund
San Francisco Foundation
Susan G. Komen Breast Cancer Foundation

\$10,000 - \$24,999

Academy of Friends
Anonymous (1)
Bristol-Myers Squibb
Catholic Healthcare West
Estate of Marilyn Chez
Cisco Systems Foundation
Charles A. Garfield and Cindy Spring
Estate of Kenneth Duchscherer
George H. Sandy Foundation
Ralph Jr. (deceased) and Joan Lane
Richard & Rhoda Goldman Fund
The Safeway Foundation
To Celebrate Life Breast Cancer Foundation

\$5,000 - \$9,999

Anonymous (1)
Alison Block

Bob Ross Foundation
Broadway Cares/Equity Fights AIDS
William Dawes
Dixon M. and Barbara Farley
Rudolph W. Driscoll, Jr.
Folsom Street Events
Frank A. Campini Foundation
Cécile Gouffrant
San Francisco AIDS Foundation
Wallis Foundation
William G. Gilmore Foundation
Diane B. Wilsey

\$1,000 - \$4,999

A Better World Fund
AMB Property Corporation
American Cancer Society
Phillip Bokovoy
James A. Buck
Jaime Caban and Rob Mitchell
California Dialogue on Cancer
Castro Street Fair, Inc.
Dawn Chandler and Jeffrey L. Gould
Community Thrift Store
Thomas J. Cutillo and Priscilla A. Myrick
Rubén Gamundi
Give Something Back
John and Marcia Goldman
Home Box Office, Inc./Cable Positive

Alec R. Hughes
Isabel Allende Foundation
Ernest Isenstadt and Judith Hsia
Levi Strauss & Co.
Ralph M. Pais and Gayl M. Huston
Dennis S. Pierachini
Price Waterhouse Coopers, LLP
San Francisco Lesbian, Gay, Bisexual, Transgender Pride Celebration Committee, Inc.
Dar Ritter
Kaushik Roy
In memory of James L. Hasemeier
Dennis Paul Stradford
Thomas L. Tarnowski, Ph.D.
Tibotec Therapeutics
Under One Roof, Inc.
Charles R. Wilson

\$500 - \$999

Agilent Technologies
Julie Baumgartner
Kevin R. Burns
Calvary Presbyterian Church
Bent Cardan
Craigslis Foundation
Long Do
The Document Solutions Company - Xerox
Joseph Ferrucci

Flying Bear Media, Inc.
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Alan Kates
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LAM Research Fund
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Robert A. Rybicki and Lee Ng
Roy E. Simon and Florence S. Lebovitz
Sisters of Perpetual Indulgence
Eric Sleigh and Christopher Wiseman
Mark T. Stafford
Jim Stephens and Abraham Brown
Vijayakumar C. Venugopal
Emily A. Wilksa

Government Funding

San Francisco Department of Public Health
Mayor's Office of Housing, Community Development (formerly known as Mayor's Office of Community Investment)
San Francisco Arts Commission

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: Elixir, Bloodhound Bar, Pisco Latin Lounge and House of Shields. 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.



35 YEARS
15,000 VOLUNTEERS
3 MILLION HOURS OF SUPPORT

730 Polk Street
 San Francisco, CA 94109
 Tel: 415.674.4700
 www.shanti.org

Ongoing Activities and Workshops

calendar

L.I.F.E.

Every Thursday from 6:30pm – 8:30pm, L.I.F.E. Experience, a Poz-Centric Potluck workshop focused on the needs of gay and bisexual HIV+ men, occurs. It's fun, crazy, sensitive and the food is beyond delicious. Call John at 415-674-4713 for more information.

Our L.I.F.E. Health Workshop for gay and bi HIV+ men starts September 8th. Call Karl at 415-674-4706 for more information.

National L.I.F.E.

- **October 13**, HIV Research Update, San Francisco
- **October 14 – 16**, National L.I.F.E. Facilitator Training, San Francisco
- **October 29 – 31**, United States Conference on AIDS, with a presentation on the effectiveness of L.I.F.E, San Francisco

Volunteer Services

Our next Peer Support Volunteer Training is September 11 – 13 and 16. To learn more, go to www.shanti.org or call Mindy Schweitzer-Rawls at 415-674-4712.

As beneficiaries of Folsom Street Fair, we are volunteering at the event Sunday, September 27th. We need more volunteers to help out with this event, so please call Mindy Schweitzer-Rawls to sign up.

HIV Services Schedule

Drop-in Center & Service Hours

Tuesday 9:30am – 11:30am
 Wednesday *(Drop-in Services only, No Lounge)* .. 9:30am – 12:30pm
 Thursday 9:30am – 12:30pm

Activities Desk

Tuesday – Friday 10:00am – 12:00pm

Haircuts

Tuesday *(Ask staff for dates)* 10:30am – 12:00pm

Health Chat

Tuesday 11:30am – 12:30pm

Vent: A support group for clients

Wednesday 10:00am – 12:00pm

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

Friday 10:00am – 12:00pm

Movie Night

3rd and 4th Thursday of the month 5:00pm – 7:30pm

HIV Services is closed Monday – Friday, 1:00pm – 2:00pm

LifeLines

Mindfulness and Meditation

Wednesday 11:00am – 12:00pm

Massage

Wednesday 2:00pm – 5:00pm
 Friday 10:00am – 12:00pm

Facials

Thursday 10:00am – 12:00pm

Reiki

Thursday 2:30pm – 4:30pm

