



A REMARKABLE MEETING

In the winter of 1973 two men met at a V.A. hospital. One man was incapacitated from Guillain-Barré syndrome; the other was a graduate student in clinical psychology. Their first encounter, and the relationship that would follow, changed both of their lives forever. Below, they speak of this remarkable meeting in their own words.

“On February 23, 2001, I got a call from a man named Jim Dees whom I hadn’t heard from in more than 27 years. Jim’s the Director of Volunteer Ministries at Calvary Christian Church in San Francisco, a church known for giving its parishioners opportunities to serve the community.



*Charles Garfield, Ph.D.
Founder of Shanti*

“Jim’s request was not an unusual one. He wanted to meet to talk about Shanti and our service values and model of volunteer support. He also wanted to reminisce about an unusual time we shared together one winter solstice over a quarter century ago.

“We agreed to get together for dinner.

“When we first met in 1973, Jim was a patient at Fort Miley V.A. Hospital in San Francisco. On the night of winter solstice, shortly before Christmas 1973, I sat by his bedside watching him struggle to breathe on a respirator. Jim had Guillain-Barré syndrome, a viral disease that progressively paralyzes the muscles including, for some people, those controlling the heart and lungs. Jim must have felt buried alive while still aware, encased in his own frozen body. No one knew whether he would survive.

“I heard myself promise Jim that he wouldn’t be alone, that ‘we’d go through this together no matter how it turned out.’

I knew I would stay with him, but what exactly did I have to offer?

“As best I could, I listened, spoke and acted directly from my heart. I searched for words that I could turn into everyday actions—words like compassion, presence, heart, acceptance, care, community.

“Jim did survive. I stayed with him at the hospital and afterward until I knew he was on the road to recovery. What I learned about the spirit of service at his bedside helped me prepare for other people I would meet on the cancer ward at University of California Medical Center in San Francisco. It would prepare me for Shanti clients and their caregivers who would face the shattering eruption of the AIDS epidemic.

“It would prepare me for my life’s work.”



Jim Dees

assigned to patients in the V.A. hospital at Fort Miley. Nothing that he had learned in his classes could have prepared him for his experience with me.

“He dug deep into his own psyche to reach me. His constant spirit nurtured me

through a year filled with pain and anger. Without his help I don’t think that I would have recovered.

“After my experience in the hospital I spent several decades volunteering, eventually discontinuing my Social Security Disability and returning to work as Director of Volunteer Ministries at Calvary Christian Church.

“Open heart surgery sent me back to the hospital last year, and afterwards I decided to contact the people who had meant the most to me in my life. Charlie certainly numbered among them.

“That’s when I received the second gift: Charlie told me that he had started Shanti because of his experience with me.

“He recounted those moments when he realized that listening, speaking and acting from the heart were central to the process of healing. And to his own life’s purpose.

“Charlie nurtured a whole generation of caregivers who helped people with cancer and AIDS. He formed this group into an organization called Shanti, a Sanskrit word meaning ‘inner peace’. For many caregivers and care-receivers it became a transition to a higher place.

“For me, Charlie’s work provided the inspiration and opportunity for me to remain here and create new healing opportunities for others. This even included my involvement with a Shanti volunteer, Dick Delancey, during a particularly difficult time...as he cared for a client with Guillain-Barré syndrome.”

HONOR A PERSON WHO CHANGED YOUR LIFE

When Jim was lying paralyzed in a hospital bed with Guillain-Barré syndrome, Charlie told him it was all right if he wanted to scream—that anything he needed to do or say was appropriate. Charlie told Jim he'd be there to listen and to help in any way he could.

After losing her child to foster care and being confined in the AIDS unit at St. Mary's Hospital, Phyllis felt totally isolated and lost. So Lisa took time out of her busy schedule to visit Phyllis several times each week. They painted one another's nails and Lisa brushed Phyllis' hair. They sang songs and laughed.

When Arnold got too ill to drive, Emily packed him and his two large dogs into her car for their weekly drive to Ft. Funston. There they enjoyed the wind and sun on their faces and watched the dogs running free. Arnold then knew that he could still care for his pets—that he could keep them.

These, and similar stories of unselfish giving enrich our lives. We all have stories about generous individuals whose kindness has helped us through difficult times. Won't you honor one of these remarkable people with a tribute and a donation to Shanti's program to provide volunteer caregivers to people with HIV/AIDS and other life-threatening illnesses?

Please use the space below to tell us about the person or persons you are honoring and send it to us, with your donation, in the enclosed envelope. Thank-you.

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WITH A GIFT TO SHANTI'S VOLUNTEER SERVICES PROGRAM

PLEASE USE THE SPACE BELOW TO TELL US ABOUT THIS PERSON

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SHANTI'S PEER ADVOCATES

ANNOUNCING SAN FRANCISCO'S FIRST CERTIFICATION PROGRAM

Shanti has provided Peer Advocacy services in San Francisco since 1974. At that time, Shanti founder Charles Garfield, Ph.D. observed a strong correlation between an increased quality of life in cancer patients and the purposeful, non-judgmental listening skills of non-medical individuals—or *peers*. These individuals might be ill with, or recovering from, cancer or might have had experience as caregivers. The key was that these *peer advocates* were available to the patients “in the moment”, in a relationship that was genuine and unconditional; the patients then felt much less isolation.

From these experiences during his work in the cancer ward at the University of California Medical Center in San Francisco, Dr. Garfield created Shanti and the Shanti Model of Peer Support.

Through years of strong, client-centered service, our expertise and success have firmly established Shanti's reputation as San Francisco's premiere provider of HIV/AIDS-related peer advocacy services. Today, through contracts with the San Francisco Department of Public Health, Shanti conducts the largest Peer Advocacy Program in San Francisco.

Recently, Shanti's peer advocates collaborated with the Shanti National Training Institute (SNTI) to produce San Francisco's first Peer Advocate Training & Certification Program.

The goals of the training are to teach trainees the skills necessary to provide client-centered, culturally sensitive and compassionate services. These include acquisition of the peer counseling skills practiced in the Shanti Model of Peer Support, identification of effective resources, and formation of informal

networks for ongoing support.

A resource manual was developed around the topics most affecting peer advocates. It provides an organized approach to resources and a basic structure within an easily customizable and updatable format.

The first 24-hour training, entitled “Getting It All”, was held on May 16, 18 and 22, 2001. It provided 12 attendees with experience in over 18 modules and activities



Shanti's Peer Advocates, clockwise from left: Mark Arseneau, M.Ed., Manager; Mark Molnar; Phillip Watson; Jennifer McGaugh; Laetitia Thomas; and Erwin Barrios-Kilci, M.S.

that were developed using adult learning theories to address the basic duties, tasks and probable challenges facing peer advocates in today's world. The trainees were a diverse group of six women and six men from San Francisco, Oakland and Palo Alto, including representatives from Tenderloin AIDS Resource Center (TARC), Native American AIDS Project, Continuum HIV Day Services, Asian-Pacific Islander Wellness Center, Lyon-Martin Women's Health Services, Tenderloin Housing Department and Guerrero House. The learning modules covered the following topics: Psychosocial Issues, Clinical Issues, Mental Health—

Suicidality, Harm Reduction, Death and Loss, Counseling Skills, Boundaries, Universal Precautions, Outreach, Resources, Referral and Follow-up.

There were nine in-house presenters and two guest speakers. Presenters from Shanti included Jorge Guzmán, Ph.D., Director of HIV Services; Suzanne Fried and Sara Nesson, SNTI Staff Trainers; Mark Arseneau, M.Ed., Peer Advocacy

Program Manager; Jennifer McGaugh, Senior Peer Advocate and Women's Services Coordinator; and Peer Advocates Erwin Barrios-Kilci, M.S., Mark Molnar, Laetitia Thomas and Phillip Watson. The guest speakers were Claire Wingfield, Treatment Advocacy Specialist from Asian-Pacific Islander Wellness Center and Carla Wilson, Alternative/Complementary Treatment Specialist from Quan Yin Healing Arts Center.

Participants were evaluated in the following areas during the training: attendance, participation and skills acquisition. A score of 94% or above on the Post Training Knowledge Survey was required to receive Shanti's Certificate of Completion.

A second, more advanced training program is currently being designed for those who have been working as peer advocates for two or more years, are Treatment Education Certification Program (TECP) certified or are graduates of the current Shanti Peer Advocate Training & Certification Program.

For more information about Shanti's Peer Advocate Training & Certification Program, call Mark Arseneau, M.Ed., Program Manager, at (415) 674-4762.



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Shanti

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SAVE THE DATE

Ride For Life Saturday, September 8, 2001

The fifth annual "Ride for Life" will be held on Saturday, September 8, 2001. Join more than 250 motorcyclists for a fun-filled ride to the Russian River followed by a hearty picnic at the Koret Club & Park in beautiful Monte Rio with plenty of raffle prizes.

To register, call Doren Martin at (415) 674-4764 or visit www.shanti-rides.org
Minimum \$25 registration fee per person.

Annual "Power of Caring" Awards Ceremony Thursday, October 18, 2001

Join Shanti for "A Night in New Orleans" on Thursday, October 18, 2001 from 6 to 9 pm. at the Merchants Exchange Ballroom in San Francisco at 465 California Street.

Guests will be treated to a sumptuous food and wine tasting followed by the jazz sounds of Tim Hockenberry.

Shanti will be honoring philanthropic leaders and caregivers that have made outstanding contributions to help people living with HIV/AIDS and other life-threatening illnesses.

For more information, call Doren Martin at (415) 674-4764 or visit www.powerofcaring.org
Admission \$175 per person.